



New Heights School

October Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
9/29	9/30	10/1	10/2	10/3
Main Entrée Chicken Tenders Sides Cornbread Creamy coleslaw Fresh Fruit & Veggie Bar Alternates Ham & Cheese Sub Uncrustable	Main Entrée Chicken or Pork Burrito Bowl Sides Cilantro Lime Rice Fiesta Black Beans Fresh Fruit & Veggie Bar Alternates Southwest salad Uncrustable	Main Entrée Crispy Chicken Sandwich Sides Crispy French Fries Cinnamon Applesauce Fresh Fruit & Veggie Bar Alternates Cheese Quesadilla Uncrustable	Main Entrée Penne Pasta w/Bolognese Sauce Sides Caesar Salad Garlic Breadstick served w/pasta only Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable	Main Entrée Cheese or Pepperoni Pizza Sides Tater Tots Garden Salad Fresh Fruit & Veggie Bar Alternates Turkey & Cheese Sub Uncrustable
10/6	10/7	10/8	10/9	10/10
Main Entrée Pizza Roll Crunchers Sides Garlic herb roasted potatoes Creamy coleslaw Fresh Fruit & Veggie Bar Alternates Ham & Cheese Sub Uncrustable	Main Entrée Italian Dunker Sides Caesar salad Roasted crispy chickpeas Fresh Fruit & Veggie Bar Alternates Southwest salad Uncrustable	Main Entrée Hamburger or Cheeseburger Sides Onion Rings Garden Salad Fresh Fruit & Veggie Bar Alternates Chicken Caesar wrap on spinach tortilla Uncrustable	Main Entrée Orange Chicken Sides Roasted Broccoli White Rice Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable	Main Entrée Pizza Calzone Sides Sunrise Blend Juice Tater Tots Fresh Fruit & Veggie Bar Alternates Turkey & Cheese Sub Uncrustable
10/13	10/14	10/15	10/16	10/17
Main Entrée Chicken or Beef Walking Taco Sides Fiesta Black Beans Spanish Rice Fresh Fruit & Veggie Bar Alternates Ham & Cheese Sub Uncrustable	Main Entrée Orange Chicken Noodle Bowl Sides Garden Salad Steamed Edamame Fresh Fruit & Veggie Bar Alternates Southwest salad Uncrustable	Main Entrée Macaroni and Cheese Sides Mashed Potatoes Dinner roll, corn, chicken gravy Fresh Fruit & Veggie Bar Alternates Popcorn Chicken Bowl Uncrustable	NO SCHOOL	NO SCHOOL
10/20	10/21	10/22	10/23	10/24
NO SCHOOL	Main Entrée Chicken or Pork Burrito Bowl Sides Cilantro Lime Rice Fiesta Black Beans Fresh Fruit & Veggie Bar Alternates Southwest salad Uncrustable **NO SCHOOL K-5 **	Main Entrée Crispy Chicken Sandwich Sides Crispy French Fries Cinnamon Applesauce Fresh Fruit & Veggie Bar Alternates Cheese Quesadilla Uncrustable	Main Entrée Penne Pasta w/Bolognese Sauce Sides Caesar Salad Garlic Breadstick served w/pasta only Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable	Main Entrée Cheese or Pepperoni Pizza Sides Tater Tots Garden Salad Fresh Fruit & Veggie Bar Alternates Turkey & Cheese Sub Uncrustable
10/27	10/28	10/29	10/30	10/31
Main Entrée Pizza Roll Crunchers Sides Garlic herb roasted potatoes Creamy coleslaw Fresh Fruit & Veggie Bar Alternates Ham & Cheese Sub Uncrustable	Main Entrée Italian Dunker Sides Caesar salad Roasted crispy chickpeas Fresh Fruit & Veggie Bar Alternates Southwest salad Uncrustable	Main Entrée Hamburger or Cheeseburger Sides Onion Rings Garden Salad Fresh Fruit & Veggie Bar Alternates Chicken Caesar wrap on spinach tortilla Uncrustable	Main Entrée Orange Chicken Sides Roasted Broccoli White Rice Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable	NO SCHOOL