



New Heights School October Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			10/1	10/2
			Main Entrée Chicken Alfredo Pasta Sides Caesar Salad Breadstick Fresh Fruit & Veggie Bar Alternates Southwest Salad Uncrustable	Main Entrée Italian Meatball Sub Sides Onion Rings Italian Chop Salad Fresh Fruit & Veggie Bar Alternates Chicken Salad Crossiant Uncrustable
10/5	10/6	10/7	10/8	10/9
Main Entrée French Toast Sticks & Cheese Omelet Sides Roasted Sweet Potatoes Fresh Fruit & Veggie Bar Alternates Chicken Tenders Uncrustable	Main Entrée Bite Size Pizza Pillows Sides Crispy french fries Caesar salad Fresh Fruit & Veggie Bar Alternates Crispy Chicken Sandwich Uncrustable	Main Entrée Cheese or Turkey Sausage Pizza Sides Broccoli Cranberry Salad Crispy Potato Coins Fresh Fruit & Veggie Bar Alternates Ham and Cheese Sub Uncrustable	Main Entrée Orange Chicken or General Tso Chicken Sides Roasted Broccoli White Rice Fortune cookie Fresh Fruit & Veggie Bar Alternates Southwest salad Uncrustable	Main Entrée Chicken or Beef Walking Taco Sides Fiesta black beans Spanish rice Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable
10/12	10/13	10/14	10/15	10/16
Main Entrée Retro Cheese Pizza or Dino/Zoo Chicken Nuggets Sides Tri Tator Hash Patty Dirt Cake & Fruit Cocktail Fresh Fruit & Veggie Bar Alternates Turkey & Cheese Crossiant Uncrustable	Main Entrée Breaded Mozzarella Cheese Sticks or Toasty Dog Sides Frosted Sugar Cookie WG Peas & Carrots Fresh Fruit & Veggie Bar Alternates Deli Club Sandwich Uncrustable	Main Entrée Buttermilk Pancakes & Cheese Omelet or Turkey & Gravy Sides Whole Kernel Corn Garlic Knot & Mashed Potatoes Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable	NO SCHOOL	NO SCHOOL
10/19	10/20	10/21	10/22	10/23
NO SCHOOL	NO SCHOOL	Main Entrée Cheese or Dill Pickle Garlic Pizza Sides Caesar salad Crispy potato coins Fresh Fruit & Veggie Bar Alternates Ham and Cheese Sub Uncrustable	Main Entrée Orange Chicken or General Tso Chicken Sides Roasted Broccoli White Rice & Fortune cookie Fresh Fruit & Veggie Bar Alternates Southwest salad Uncrustable	Main Entrée Chicken or Beef Walking Taco Sides Fiesta black beans Spanish rice Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable
10/26	10/27	10/28	10/29	10/30
Main Entrée Cheeseburger or Hamburger Sides Baked Beans & French Fries Creamy Coleslaw Fresh Fruit & Veggie Bar Alternates Pizza Roll Crunchers Uncrustable	Main Entrée Italian Dunker Sides Garden Salad and Garlic Knot Garlic Herb Roasted Potatoes Chocolate Chip Cookie Fresh Fruit & Veggie Bar Alternates Chicken Wild Rice Soup Uncrustable	Main Entrée Pepperoni or Margherita Pizza Sides Cucumber and Tomato Salad Roasted Root Veggies Fresh Fruit & Veggie Bar Alternates Ham and Cheese Sub Uncrustable	Main Entrée Chicken Alfredo Pasta Sides Caesar Salad Garlic Breadstick Fresh Fruit & Veggie Bar Alternates Southwest Salad Uncrustable	Main Entrée Italian Meatball Sub Sides Onion Rings Italian Chop Salad Fresh Fruit & Veggie Bar Alternates Chicken Salad Crossiant Uncrustable

Ala Carte Milk \$0.65

This institution is an equal opportunity provider.