



New Heights School October Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
10/3	10/4	10/5	10/6	10/7
Main Entrée Walking Taco w/beef & cheese Sides Fiesta Black Beans Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable	Main Entrée Penne Pasta w/Bolognese Sauce Sides Caesar Salad Fresh Fruit & Veggie Bar Breadstick Alternates Ham & Cheese Sub Uncrustable	Main Entrée Popcorn Chicken Sides Dinner Roll (served w/main entrée only) Mashed potatoes w/chicken gravy Fresh Fruit & Veggie Bar Alternates Turkey & Cheese Sub Uncrustable	Main Entrée Crispy Chicken Sandwich Sides Baked Chips Potato Salad Fresh Fruit & Veggie Bar Alternates Southwest Salad Uncrustable	Main Entrée Cheese Pizza Pepperoni Pizza Sides Smile Fries Fresh Fruit & Veggie Bar Alternates Turkey & Cheese Sub Uncrustable
10/10	10/11	10/12	10/13	10/14
Main Entrée Colby Cheese Omelet French Toast Sticks Sides Tater Tots Fresh Fruit & Veggie Bar Alternates Turkey & Cheese Sub Uncrustable	Main Entrée Mini Corn Dogs Sides Baked beans Fresh Fruit & Veggie Bar Alternates Ham & Cheese Sub Uncrustable	Main Entrée Italian Dunkers w/marinara sauce Sides Crispy French Fries Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable	Main Entrée Orange Chicken Sides Brown Rice Fortune Cookie Fresh Fruit & Veggie Bar Alternates Southwest Salad Uncrustable	Main Entrée Lasagna Rollup Sides Caesar Salad Breadstick (served w/lasagna only) Fresh Fruit & Veggie Bar Alternates Turkey & Cheese Sub Uncrustable
10/17	10/18	10/19	10/20	10/21
Main Entrée Walking Taco w/beef & cheese Sides Fiesta Black Beans Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable	Main Entrée Penne Pasta w/Bolognese Sauce Sides Caesar Salad Fresh Fruit & Veggie Bar Breadstick Alternates Ham & Cheese Sub Uncrustable	Main Entrée Popcorn Chicken Sides Dinner Roll (served w/main entrée only) Mashed potatoes w/chicken gravy Fresh Fruit & Veggie Bar Alternates Turkey & Cheese Sub Uncrustable	NO SCHOOL	NO SCHOOL
10/24	10/25	10/26	10/27	10/28
Main Entrée Colby Cheese Omelet French Toast Sticks Sides Tater Tots Fresh Fruit & Veggie Bar Alternates Turkey & Cheese Sub Uncrustable	Main Entrée Mini Corn Dogs Sides Baked beans Fresh Fruit & Veggie Bar Alternates Ham & Cheese Sub Uncrustable	Main Entrée Italian Dunkers w/marinara sauce Sides Crispy French Fries Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable	Main Entrée Orange Chicken Sides Brown Rice Fortune Cookie Fresh Fruit & Veggie Bar Alternates Southwest Salad Uncrustable	Main Entrée Lasagna Rollup Sides Caesar Salad Breadstick (served w/lasagna only) Fresh Fruit & Veggie Bar Alternates Turkey & Cheese Sub Uncrustable
10/31				
Main Entrée Walking Taco w/beef & cheese Sides Fiesta Black Beans Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable				