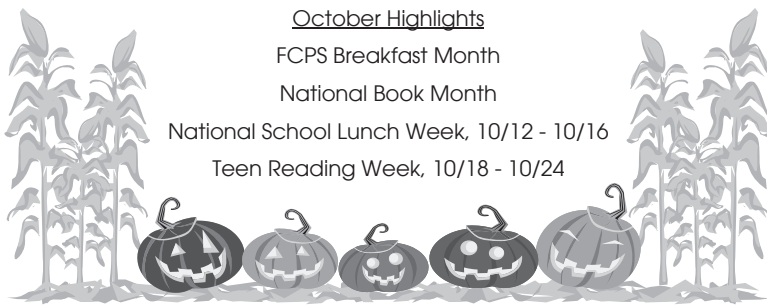
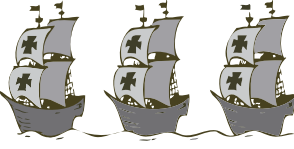





HIGH SCHOOL LUNCH MENU  
OCTOBER 2009



Double Deal: Any Second Entrée \$1.75

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><u>October Highlights</u> FCPS Breakfast Month National Book Month National School Lunch Week, 10/12 - 10/16 Teen Reading Week, 10/18 - 10/24</p>				
<p><b>5</b> Macaroni &amp; Cheese w/Muffin Turkey Corn Dog Bites w/Muffin Barbecue Rib on Wheat Bun Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO French Fries Vegetarian Baked Beans Applesauce Orange Quarters Raisins</p>	<p><b>6</b> Chicken Tenders w/Southwestern Rice Nachos w/Chili &amp; Cheese Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Golden Corn Broccoli &amp; Carrot Slims w/Dip Chilled Pineapple Cantaloupe</p>	<p><b>7</b> Hamburger on Wheat Bun Cheeseburger on Wheat Bun Veggie Burger on Wheat Bun with or without Cheese Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO French Fries Lettuce, Tomato, Pickle Chilled Pears w/Cherry Garnish Banana</p>	<p><b>1</b> Soft Taco w/Shredded Cheese Chicken Fillet on Wheat Bun Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Potato Rounds Corn on the Cob Lettuce &amp; Tomato Tropical Fruit Salad Fruit Crisp</p>	<p><b>2</b> Spicy Chicken on Wheat Bun Cheese Quesadilla Fish Fillet on Wheat Bun Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Seasoned Potato Wedges Green Beans Celery &amp; Baby Carrots w/Dip Chilled Pears w/Cherry Garnish Natural Frozen Fruit Bar</p>
<p><b>12</b> Columbus Day Holiday</p> 	<p><b>13</b> Chicken Tenders w/Muffin Hot Ham &amp; Cheese on Whole Wheat Croissant Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Whipped Potatoes w/ Gravy Carrot Slims w/ Dip Chilled Pineapple Raisins <b>NO SALADS AVAILABLE</b></p>	<p><b>14</b> Turkey Hot Dog on Wheat Bun Steak &amp; Cheese Sub Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO French Fries Tossed Salad w/Cherry Tomato Orange Juice Banana Applesauce</p>	<p><b>15</b> Soft Taco w/Shredded Cheese Chicken Fillet on Wheat Bun Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Potato Rounds Refried Beans Lettuce &amp; Tomato Tropical Fruit Salad Fruit Crisp</p>	<p><b>16</b> Spicy Chicken on Wheat Bun Cheese Quesadilla Fish Fillet on Wheat Bun Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Seasoned Potato Wedges Green Beans Celery &amp; Carrot Slims w/Dip Chilled Pears w/Cherry Garnish Natural Frozen Fruit Bar</p>
<p><b>19</b> Macaroni &amp; Cheese w/Muffin Turkey Corn Dog Bites w/ Muffin Barbecue Rib on Wheat Bun Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO French Fries Vegetarian Baked Beans Applesauce Orange Quarters Raisins</p>	<p><b>20</b> Chicken Tenders w/Brown Rice Nachos w/ Chili &amp; Cheese Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Golden Corn Broccoli &amp; Carrot Slims w/Dip Chilled Pineapple Cantaloupe</p>	<p><b>21</b> Hamburger on Wheat Bun Cheeseburger on Wheat Bun Veggie Burger on Wheat Bun with or without Cheese Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO French Fries Lettuce, Tomato, Pickle Chilled Pears w/Cherry Garnish Banana</p>	<p><b>22</b> Spaghetti w/Loco Bread w/Meat Sauce or Marinara Sauce Steak &amp; Cheese Sub Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Potato Rounds Green Peas Tossed Salad Fresh Apple Fruit Crisp</p>	<p><b>23</b> Spicy Chicken on Wheat Bun Cheese Quesadilla Fish Fillet on Wheat Bun Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Seasoned Potato Wedges Mixed Vegetables Cucumber &amp; Carrot Slims w/Dip Chilled Peaches Fruit Sherbet</p>
<p><b>26</b> Cheese Sticks w/Marinara Sauce Barbecue Rib on Wheat Bun Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO French Fries Campbell's Minestrone Soup Orange Quarters &amp; Kiwi Chilled Pineapple Raisins</p>	<p><b>27</b> Chicken Tenders w/Muffin Hot Ham &amp; Cheese on Whole Wheat Croissant Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Whipped Potatoes w/ Gravy Carrot Slims &amp; Jicama w/ Dip Chilled Peaches Honeydew</p>	<p><b>28</b> Turkey Hot Dog on Wheat Bun Steak &amp; Cheese Sub Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO French Fries Tossed Salad w/Cherry Tomato Orange Juice Banana Applesauce</p>	<p><b>29</b> Soft Taco w/Shredded Cheese Chicken Fillet on Wheat Bun Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Potato Rounds Corn on the Cob Lettuce &amp; Tomato Tropical Fruit Salad Fruit Crisp</p>	<p><b>30 HAPPY HALLOWEEN!</b> Spicy Chicken on Wheat Bun Cheese Quesadilla Fish Fillet on Wheat Bun Hummus Biteable Peanut Butter &amp; Jelly Sandwich Yogurt Biteable</p>  <p>CHOICE OF TWO Seasoned Potato Wedges Green Beans Celery &amp; Carrot Slims w/Dip Chilled Pears w/Cherry Garnish Jack-O-Lantern Orange-Lime Frozen Fruit Juice Cup</p>
<p><b>ENERGY ZONE SALAD PATCH</b> Southwestern Salad w/Pretzel Chef's Salad w/Cheese &amp; Pretzel</p>	<p><b>ENERGY ZONE SALAD PATCH</b> Taco Salad w/Chili w/ Tortilla Chips or Pretzel</p>	<p><b>ENERGY ZONE SALAD PATCH</b> Caesar Chicken Salad w/Pretzel Fruit Salad w/ Pretzel &amp; Sunbutter</p>	<p><b>ENERGY ZONE SALAD PATCH</b> Oriental Chicken Salad w/ Pretzel Chef's Salad w/Cheese &amp; Pretzel</p>	<p><b>ENERGY ZONE SALAD PATCH</b> Fruit Salad w/ Pretzel &amp; String Cheese</p>
<p><b>PIZZA LINE</b> Stuffed Crust Pizza Cheese or Pepperoni</p>	<p><b>PIZZA LINE</b> Pan Pizza, Cheese or Pepperoni</p>	<p><b>PIZZA LINE</b> Big Daddy Pizza Cheese or Pepperoni</p>	<p><b>PIZZA LINE</b> Cheesy Garlic French Bread Pizza</p>	<p><b>PIZZA LINE</b> Stuffed Crust Pizza Cheese or Pepperoni</p>