

OCTOBER 2021

St. Henry Middle/High School Lunch Menu

October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?

Monday

Tuesday

Wednesday

Thursday

Friday

Hamburger Sandwich
Broccoli & Cheese
Baked Beans
HS - Saltines
Fruit
Milk
Alt - Hot Dog Sandwich

4

BBQ Chicken Sandwich
Corn
Fruit
100% Fruit Juice
Milk
Alt - Deli Sandwich

5

Chicken Nuggets
Green Beans
Dinner Roll w/Jelly
Fruit
Milk
Alt - Deli Sandwich

6

Grilled Cheese Sandwich
Tomato Soup
Baby Carrots
Fruit
Milk
Alt - Deli Sandwich

7

Cheese Ripper
Iceberg Lettuce
Spaghetti Sauce
Fruit
100% Fruit Juice
Milk
Alt - Deli Sandwich

1

No School

11

BBQ Rib Sandwich
Sweet Potato Fries
Coleslaw/HS - Saltines
Fruit/100% Fruit Juice
Milk
Alt - Deli Sandwich

12

Taco Meat
Doritos
Romaine Lettuce/Refried Beans
Cheese & Salsa
Fruit
Milk
Alt - Deli Sandwich

13

Chicken Leg
Mashed Potatoes
Dinner Roll w/Jelly
Fruit
Milk
Alt - Deli Sandwich

14

Pepperoni Pizza Ripper
Romaine Lettuce
Fruit
Jonny Pop
Milk
Alt - Deli Sandwich

15

Tenderloin
Tater Tots
Green Beans
Fruit
Milk
Alt - Deli Sandwich

18

Pizza Grilled Cheese
Baby Carrots
Fruit
Yogurt
Milk
Alt - Grilled Cheese Sandwich

19

Italian Meatballs
Potato Smiles
Breadstick w/Sauce
Fruit
Milk
Alt - Deli Sandwich

20

Popcorn Chicken
Celery & Carrots
Fruit
Dinner Roll w/Jelly
Milk
Alt - Deli Sandwich

21

Taco Pizza
Romaine Lettuce
Salsa
Fruit
100% Fruit Juice
Milk
Alt - Deli Sandwich

22

Chicken Patty Sandwich
California Blend
Fruit
100% Fruit Juice
Milk
Alt - Hot Dog Sandwich

25

Salisbury Steak w/Gravy
Mashed Potatoes
Butter Bread
Fruit
Milk
Alt - Deli Sandwich

26

Hot Dog Sandwich
Hashbrown
Baby Carrots
Fruit
HS - Cheez-Its
Milk
Alt - Deli Sandwich

27

Chicken Tender Wrap
Baked Beans/Black Beans
Romaine Lettuce
Fruit
Milk
Alt - Deli Sandwich

28

Pepperoni Pizza
Broccoli & Cheese
Fruit
100% Fruit Juice
Milk
Alt - Deli Sandwich

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PLEASE NOTE: Menus are subject to change based on product availability
This institution is an equal opportunity provider