



LUNCH - OCTOBER 2016

Montgomery County R-II School District High School



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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>3</p>	<p>4</p> <ul style="list-style-type: none"> • Chicken Nachos w/ White Queso & Spanish Rice • Beef Burrito Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Fresh Fruit 🍏 • Taco Salad, Mandarin Oranges, Fresh Fruit 🍏, Cornbread • Burger Bar, Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Fresh Fruit 🍏 	<p>5</p> <ul style="list-style-type: none"> • Chicken Patty / Spicy Chicken Patty • Roast Turkey Mashed Potatoes w/ Gravy, Glazed Carrots, Peaches, Fresh Fruit 🍏, Hot Roll • Strawberry Chicken Salad, Mashed Potatoes w/ Gravy, Peaches, Fresh Fruit 🍏, Hot Roll • Baked Potato Bar, Glazed Carrots, Peaches, Fresh Fruit 🍏, Hot Roll 	<p>6</p> <ul style="list-style-type: none"> • BBQ Rib on Bun 🍖 • Egg, Ham, & Cheese Sandwich 🍞 Tater Tots, Fresh Garden Salad, Banana Orange Mix, Fresh Fruit 🍏 • Cobb Salad, Banana Orange Mix, Fresh Fruit 🍏, Fruit Streusel Muffin • Breakfast Bar 🍞, Tater Tots, Fresh Garden Salad, Banana Orange Mix, Fresh Fruit 🍏 	<p>7</p> <ul style="list-style-type: none"> • Cheese Pizza • Crispy Chicken Wrap Fresh Garden Salad, Fresh Broccoli w/ Dip, Pineapple, Fresh Fruit 🍏 • Popcorn Chicken Salad, Fresh Broccoli w/ Dip, Pineapple, Fresh Fruit 🍏, Fruit Streusel Muffin • South of the Border Bar, Fresh Broccoli w/ Dip, Fresh Garden Salad, Pineapple, Fresh Fruit 🍏, Spanish Rice
<p>10</p>	<p>11 National School Lunch Week</p> <ul style="list-style-type: none"> • Bacon Cheeseburger 🍖 • Grilled Chicken Sandwich French Fries, Fresh Garden Salad, Orange Pineapple Mix, Fresh Fruit 🍏 • Cobb Salad, Orange Pineapple Mix, Fresh Fruit 🍏, Fruit Streusel Muffin • Breakfast Bar 🍞, Tater Tots, Fresh Garden Salad, Orange Pineapple Mix, Fresh Fruit 🍏 	<p>12 National School Lunch Week</p> <ul style="list-style-type: none"> • Chicken Patty / Spicy Chicken Patty • Baked Ham 🍖 Mashed Potatoes w/ Gravy, Corn, Pears, Fresh Fruit 🍏, Hot Roll • Strawberry Chicken Salad, Pears, Fresh Fruit 🍏, Hot Roll • Baked Potato Bar, Corn, Pears, Fresh Fruit 🍏, Hot Roll 	<p>13 National School Lunch Week</p> <ul style="list-style-type: none"> • Soft Tacos • Chicken & Cheese Quesadilla Fresh Garden Salad, Cowboy Beans, Fresh Fruit 🍏, Applesauce • Taco Salad, Fresh Fruit 🍏, Applesauce, Cornbread • Hot Dog Bar, Fresh Garden Salad, Cowboy Beans, Fresh Fruit 🍏, Applesauce, 3 Cheese Mac & Cheese 	<p>14 National School Lunch Week</p> <ul style="list-style-type: none"> • Pepperoni Pizza • Hamburger Pizza • Sun Butter & Jelly Sandwich Baby Carrots w/ Dip, Fresh Garden Salad, Fresh Fruit 🍏, Watermelon 🍉, Rice Krispie S'more Bar • Popcorn Chicken Salad, Fruit Streusel Muffin, Fresh Fruit 🍏, Watermelon 🍉, Rice Krispie S'more Bar • Calzone Bar, Baby Carrots w/ Dip, Fresh Garden Salad, Fresh Fruit 🍏, Watermelon 🍉, Rice Krispie S'more Bar
<p>17</p>	<p>18</p> <ul style="list-style-type: none"> • Super Nachos w/ Spanish Rice • Beef Enchiladas Refried Beans, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit 🍏 • Taco Salad, Mandarin Oranges, Fresh Fruit 🍏, Cornbread • Chicken Sandwich Bar, Refried Beans, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit 🍏 	<p>19</p> <ul style="list-style-type: none"> • Chicken Patty / Spicy Chicken Patty • Roasted Pork 🍖 Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Pineapple, Fresh Fruit 🍏, Hot Roll • Strawberry Chicken Salad, Broccoli Carrot Mix, Pineapple, Fresh Fruit 🍏, Hot Roll • Popcorn Chicken Bowl, Broccoli Carrot Mix, Pineapple, Fresh Fruit 🍏, Hot Roll 	<p>20</p> <ul style="list-style-type: none"> • Hot Dog • Chili w/ Cinnamon Roll Fresh Garden Salad, French Fries, Fresh Fruit 🍏, Pears • Cobb Salad, Fresh Fruit 🍏, Pears, Fruit Streusel Muffin • Asian Bar, Mixed Vegetables, Fresh Garden Salad, Fresh Fruit 🍏, Pears, Fried Rice 	<p>21</p> <ul style="list-style-type: none"> • Tony's Pizza 🍕 • Parmesan Chicken Sandwich Fresh Garden Salad, Roasted Vegetables, Tropical Fruit, Fresh Fruit 🍏 • Popcorn Chicken Salad, Roasted Vegetables, Tropical Fruit, Fresh Fruit 🍏, Fruit Streusel Muffin • Pasta Bar 🍝, Fresh Garden Salad, Roasted Vegetables, Tropical Fruit, Fresh Fruit 🍏, Italian Bread
<p>24</p>	<p>25</p> <ul style="list-style-type: none"> • Bacon Cheeseburger 🍖 • BBQ Rib on Bun 🍖 Tater Tots, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit 🍏 • Cobb Salad, Mandarin Oranges, Fresh Fruit 🍏, Fruit Streusel Muffin • Breakfast Bar 🍞, Tater Tots, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit 🍏 	<p>26</p> <ul style="list-style-type: none"> • Chicken Patty / Spicy Chicken Patty • Fish Patty Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Fruit 🍏, Peaches, Hot Roll • Strawberry Chicken Salad, Mashed Potatoes w/ Gravy, Fresh Fruit 🍏, Peaches, Hot Roll • Baked Potato Bar, Glazed Carrots, Fresh Fruit 🍏, Peaches, Hot Roll 	<p>27</p> <ul style="list-style-type: none"> • Chicken Nachos w/ White Queso & Spanish Rice • Mexican Pizza Fresh Garden Salad, Texas Pintos, Banana Orange Mix, Fresh Fruit 🍏 • Taco Salad, Banana Orange Mix, Fresh Fruit 🍏, Cornbread • Burger Bar, Fresh Garden Salad, Texas Pintos, Banana Orange Mix, Fresh Fruit 🍏 	<p>28</p> <ul style="list-style-type: none"> • Cheese Pizza • Philly Cheesesteak Pizza • Corn Dog Fresh Garden Salad, Fresh Broccoli w/ Dip, Fresh Fruit 🍏, Pineapple • Popcorn Chicken Salad, Fresh Broccoli w/ Dip, Fresh Fruit 🍏, Pineapple, Fruit Streusel Muffin • South of the Border Bar, Fresh Garden Salad, Fresh Broccoli w/ Dip, Fresh Fruit 🍏, Pineapple, Spanish Rice

<p>31</p> <p>Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered DAILY!</p>	 <p><i>Opaal is proud to provide farm fresh, locally-grown products whenever they are available.</i></p> <p>Partnering with us in this endeavor are the following Hamra Farms Farhmeier Farms Rasa Orchard Value Added Products</p>	 <p><i>Opaal designs elementary menus to meet the nutrition targets for</i></p> <p>HealthierUS School Challenge!</p>	<p>KEY:</p> <ul style="list-style-type: none"> 🏠 = All Items Prepared Fresh Daily in the Opaal! Kitchen 🌾 = All grains offered are Whole Grain-Rich 🍏 = Farm Fresh Product 🥜 = May contain peanuts 🍖 = Pork
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