New Heights School Lunch - October 2019

Student Lunch $3.40		Adult Lunch $3.75		Breakfast $2.10
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
09/30/19	**10/01/19**	**10/02/19**	**10/03/19**	**10/04/19**
Chicken Flatbread Gyro WG Flatbread Cucumber Diced Tomatoes Diced Pears Sour Cream PC **ALTERNATE:** Turkey Club Sub	**Chicken Tacos** Seasoned Black Beans WW 8" Tortilla Shredded Cheddar Cheese Shredded Romaine Lettuce Banana Taco Sauce PC **ALTERNATE:** Chicken Cheddar Wrap	**BBQ Turkey Burger** Loaded Mashed Potatoes WG Hamburger Bun Baby Carrots Apple Ranch PC **ALTERNATE:** Roast Turkey And Cheese Sandwich	**Beef Hot Dog** Sweet Potato Cubes WG Hot Dog Bun Broccoli Florets Apple **ALTERNATE:** Chicken Caesar Wrap	**Pizza** Shredded Romaine Jicama Sticks Ranch Dressing Orange
10/7/2019	**10/8/2019**	**10/9/2019**	**10/10/19**	**10/11/2019**
French Toast Turkey Sausage Carrots Celery Sticks Dice Pears Syrup **ALTERNATE:** **Turkey Club Sub**	**Beef Tacos** Refried Beans WW 8" Tortilla Shredded Cheddar Cheese Shredded Romaine Lettuce Banana Taco Sauce PC **ALTERNATE:** Chicken Cheddar Wrap	**Popcorn Orange Chicken** Fried Brown Rice Zucchini Broccoli Florets Tropical Fruit Orange Sauce **ALTERNATE:** Roast Turkey And Cheese Sandwich	**BBQ Chicken Drumstick** Potato Cubes WG Teabiscuit Grape Tomatoes Apple Ketchup PC **ALTERNATE:** Chicken Caesar Wrap	**PIZZA** Tossed Spinach Applesauce Cup French Dressing Carrots
10/14/2019	**10/15/2019**	**10/16/2019**	**10/17/19**	**10/18/2019**
Turkey Cheeseburger Vegetarian Baked Beans WG Hamburger Bun American Cheese Slice Carrot Sticks Apple **ALTERNATE:** Southwest Chicken Wrap	**BBQ Chicken Meatballs** WG Teabiscuit Broccoli Florets Banana Ranch PC **ALTERNATE:** Turkey Club Sub	**Beef Chili Cheese Fries** Potato Wedges WG Cookie Shredded Cheddar Cheese Pea Pods Pears **ALTERNATE:** Chicken Cheddar Wrap	**NO SCHOOL**	**NO SCHOOL**
10/21/2019	**10/22/2019**	**10/23/2019**	**10/24/19**	**10/25/2019**
NO SCHOOL	**NO SCHOOL**	**Chicken Alfredo** WG Penne Pasta Chopped Romaine Salad Celery Sticks Applesauce cup French Dressing **ALTERNATE:** Roast Turkey And Cheese Sandwich	**Beef Meatballs in Marinara Sauce** Glazed Carrots WG Hot Dog Bun Shredded Mozzarella Cheese Zucchini Pineapple **ALTERNATE:** Chicken Caesar Wrap	**PIZZA** Broccoli Florets Diced Pears Ranch PC
10/28/19	**10/29/19**	**10/30/19**	**10/31/19**	**11/01/19**
Chicken Patty Vegetarian Baked Beans WG Hamburger Bun Baby Carrots Apple Mayo **ALTERNATE:** Southwest Chicken Wrap	**Beef Nachos** Cheese Sauce WG Corn Chips Shredded Romaine Lettuce Banana Salsa Ranch PC **ALTERNATE:** Turkey Club Sub	**Chicken Drumstick** Vegetable Brown Rice Zucchini Chopped Romaine Salad Diced Pears French Dressing **ALTERNATE:** Chicken Cheddar Wrap	**Cheeseburger** Potato Wedges WG Hamburger Bun American Cheese Slice Broccoli Florets Orange Ketchup PC **ALTERNATE:** Turkey & Spinach Sandwich	**NO SCHOOL**

LANCER DINING SERVICES

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. All BREADS SERVED ARE WHOLE GRAIN.

Menu Subject to change