



# October



## MCGREGOR HIGH SCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>S-STEAK SANDWICH S - STEAK FINGERS S - TACO SALAD S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G- WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G-CARROT STICKS G- QUICK BAKED POTATOES G - W/K CORN G - LETTUCE &amp; TOMATO G - SEAS. GREEN BEANS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA</p>	<p>3</p> <p>S - CHICKEN, BARBECUED S-CHICKEN NUGGETS S - BEEF ENCHILIDAS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G- WHOLE GRAIN ROLL G - SEAS. PINTO BEANS G - SCALLOPED POTATOES G - SEAS. GREEN BEANS G - W/K CORN G-ROMAINE/SPINACH SALAD G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%</p>	<p>4</p> <p>S - FRITO PIE S - STEAK FINGERS S - CHICKEN PARMESAN S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE S - CORNBREAD G-ROMAINE/SPINACH SALAD REFRIED BEANS G - W/K CORN G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF</p>	<p>5</p> <p>S - SALISBURY STK &amp; GRVY S-CHICKEN NUGGETS S - CHICKEN FAJITAS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G- WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G-CELERY STICKS G - W/K CORN G - SEAS. PINTO BEANS G-MASHED POTATOES G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%</p>	<p>6</p> <p>S - CHEESEBURGER S - FISH FINGERS S - NACHOS W GROUND BEEF S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE Crackers W/G G - LETTUCE &amp; TOMATO S - POTATO ROUNDS G - W/K CORN G-CARROT STICKS G-ROMAINE/SPINACH SALAD G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%</p>
<p>9</p> <p>STUDENT HOLIDAY</p>	<p>10</p> <p>S - BBQ ON BUN S-CHICKEN NUGGETS S - BEEF ENCHILIDAS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE Crackers W/G G - SEAS. PINTO BEANS G - STEAMED BROCCOLI S - POTATO ROUNDS G-ROMAINE/SPINACH SALAD G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%</p>	<p>11</p> <p>S - FRITO PIE S - STEAK FINGERS S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE S - CORNBREAD G - W/K CORN G - BLACK-EYED PEAS G-CARROT STICKS G-ROMAINE/SPINACH SALAD G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF</p>	<p>12</p> <p>S - CHICKEN FRIED STEAK S - COMBO BURRITO S-CHICKEN NUGGETS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE Crackers W/G G- WHOLE GRAIN ROLL G-MASHED POTATOES G - SEAS. GREEN BEANS G - W/K CORN G-ROMAINE/SPINACH SALAD G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%</p>	<p>13</p> <p>S - CHEESEBURGER S - FISH FINGERS S - NACHOS W GROUND BEEF S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE Crackers W/G G - LETTUCE &amp; TOMATO S - POTATO ROUNDS G - W/K CORN G-CELERY STICKS G-ROMAINE/SPINACH SALAD G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA</p>
<p>16</p> <p>S - CHICKEN ON BUN S - LASAGNA W GRND BEEF S - STEAK FINGERS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G- WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G-CARROT STICKS S - POTATO ROUNDS G - BAKED BEANS G - W/K CORN G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA</p>	<p>17</p> <p>S - EGG ROLL S - BEEF ENCHILIDAS S-CHICKEN NUGGETS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE SPANISH RICE G-MASHED POTATOES G-ROMAINE/SPINACH SALAD G - SEAS. PINTO BEANS G - W/K CORN G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%</p>	<p>18</p> <p>S - FRITO PIE S - STEAK FINGERS S - CHICKEN SPAGHETTI S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE S - CORNBREAD G-ROMAINE/SPINACH SALAD G-CARROT STICKS REFRIED BEANS G - W/K CORN G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%</p>	<p>19</p> <p>S - CHICKEN FRIED STEAK S-CHICKEN NUGGETS S - TACO SALAD S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G- WHOLE GRAIN ROLL G-MASHED POTATOES G - STEAMED BROCCOLI G - SEAS. GREEN BEANS G - W/K CORN G-ROMAINE/SPINACH SALAD G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA</p>	<p>20</p> <p>S - CHEESEBURGER S-BEEF TACO S - FISH FINGERS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE Crackers W/G G - LETTUCE &amp; TOMATO G - SEAS. PINTO BEANS S - POTATO ROUNDS G-ROMAINE/SPINACH SALAD G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%</p>
<p>23</p> <p>S-STEAK SANDWICH S - STEAK FINGERS S - TACO SALAD S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G- WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G-CARROT STICKS G- QUICK BAKED POTATOES G - W/K CORN G - LETTUCE &amp; TOMATO G - SEAS. GREEN BEANS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA</p>	<p>24</p> <p>S - CHICKEN, BARBECUED S-CHICKEN NUGGETS S - BEEF ENCHILIDAS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G- WHOLE GRAIN ROLL G - SEAS. PINTO BEANS G - SCALLOPED POTATOES G - SEAS. GREEN BEANS G - W/K CORN G-ROMAINE/SPINACH SALAD G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%</p>	<p>25</p> <p>S - FRITO PIE S - STEAK FINGERS S - CHICKEN PARMESAN S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE S - CORNBREAD G-ROMAINE/SPINACH SALAD REFRIED BEANS G - W/K CORN G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF</p>	<p>26</p> <p>S - SALISBURY STK &amp; GRVY S-CHICKEN NUGGETS S - CHICKEN FAJITAS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G- WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G-CELERY STICKS G - W/K CORN G - SEAS. PINTO BEANS G-MASHED POTATOES G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%</p>	<p>27</p> <p>S - CHEESEBURGER S - FISH FINGERS S - NACHOS W GROUND BEEF S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE Crackers W/G G - LETTUCE &amp; TOMATO S - POTATO ROUNDS G - W/K CORN G-CARROT STICKS G-ROMAINE/SPINACH SALAD G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%</p>
<p>30</p> <p>S - CORN DOG S - STEAK FINGERS S - LASAGNA W GRND BEEF S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G- WHOLE GRAIN ROLL S - AU GRATIN POTATOES G - BAKED BEANS G - W/K CORN G-CARROT STICKS G-ROMAINE/SPINACH SALAD G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA</p>	<p>31</p> <p>S - BBQ ON BUN S-CHICKEN NUGGETS S - BEEF ENCHILIDAS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE Crackers W/G G - SEAS. PINTO BEANS G - STEAMED BROCCOLI S - POTATO ROUNDS G-ROMAINE/SPINACH SALAD G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%</p>	<p>In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they apply for benefits. Individuals who are deaf/hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form</p> <p>&lt;<a href="http://www.oio.usda.gov/sites/default/files/docs/2011/Complain_combin.ed_6_8_12.pdf">http://www.oio.usda.gov/sites/default/files/docs/2011/Complain_combin.ed_6_8_12.pdf</a>&gt; (AD-3027) found online at <a href="http://www.as.usda.gov/complaint_filing_cust.html">http://www.as.usda.gov/complaint_filing_cust.html</a>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: <a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a> or <a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a>. This institution is an equal</p>		