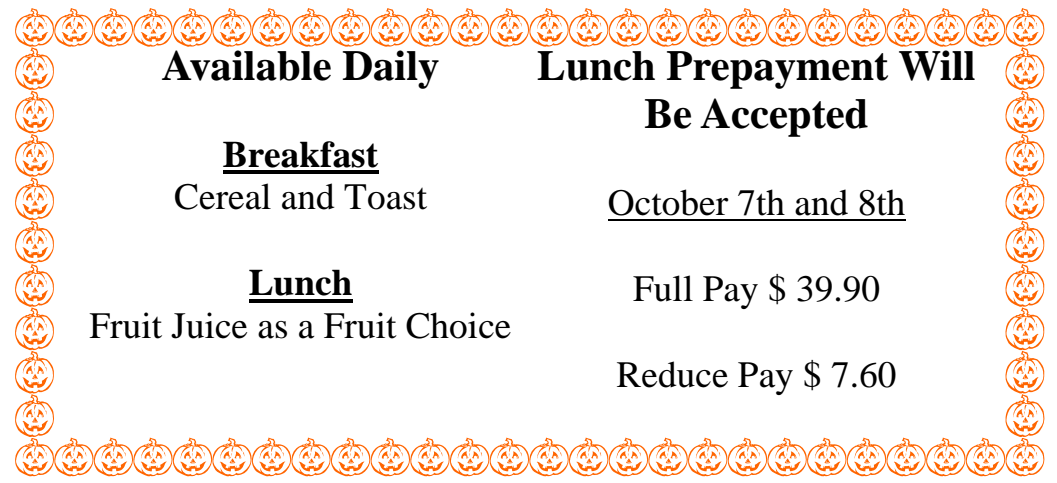


Lee County Schools

High School

Menus for  
October 2009



**Available Daily**

**Lunch Prepayment Will  
Be Accepted**

**Breakfast**

Cereal and Toast

October 7th and 8th

**Lunch**

Fruit Juice as a Fruit Choice

Full Pay \$ 39.90

Reduce Pay \$ 7.60

**Thurs., Oct. 1**

Jerry 's Chicken  
Casserole w/ Grain  
Roll  
Fish Sandwich  
On Multi Grain Bun  
Coleslaw  
Strawberry Cup

**Breakfast**  
Pancakes

**Friday, Oct. 2**

Pepperoni Pizza  
Chili Beans  
Corn  
Green Peas

**Breakfast**  
Manager's Choice

**Monday, Oct. 5**

Hamburger Streak  
w/ gravy and Grain  
Roll  
Hot Dog w/ Chili  
Baked Beans  
Spicy French Fries  
Coleslaw  
Manager's Choice on  
Fruit

**Breakfast**  
Waffle

**Tuesday, Oct. 6**

**Early Dismissal**

Chicken Nuggets w/  
Grain Roll  
Vegetable Beef  
Soup w/ Cheese  
Sandwich  
Steamed Cabbage  
Peach Cup

**Breakfast**  
Good Gravy Pizza

**Wed., Oct. 7**

Pork Roast w/ Gravy  
and Grain Roll  
Chicken Filet  
Sandwich  
Creamy Creamed  
Potatoes  
Green Beans  
Seasonal Fresh Fruit

**Breakfast**  
Manager's Choice

**Thurs., Oct. 8**

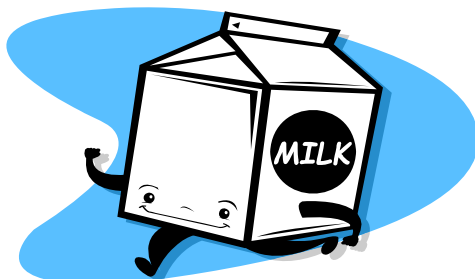
Lasagna w/ Grain Roll  
Chicken Wings w/  
Grain Roll  
Straight Cut French  
Fries  
Corn  
Chilled Pear Cup

**Breakfast**  
Blueberry Pancakes  
on stick

**Friday, Oct. 9**

Pepperoni Pizza  
Chicken Fajita Wrap  
Green Peas  
Glazed Carrots  
Applesauce

**Breakfast**  
Chocolate Chunk  
Muffin



A choice of milk will be  
offered daily with a  
complete meal.

**Monday, Oct. 12**

Chef Salad w/ Wheat  
Crackers  
Hot Dog w/ Chill  
Coleslaw  
Spicy French Fries  
Manager's Choice

**Breakfast**  
Super Donut

**Tuesday, Oct. 13**

Chicken Filet  
Sandwich  
On Multi Grain Bun  
Nachos  
Manager's Choice  
Pinto Beans  
Strawberry Cup

**Breakfast**  
Sausage and Toast

**Wed., Oct. 14**

Spaghetti w/  
Grain Roll  
Turkey and Cheese  
Sandwich on  
Multi Grain Bun  
Corn  
Green Peas  
Straight Cut  
French Fries  
Seasonal Fresh Fruit

**Breakfast**  
Mini Pancakes  
w/ Sausage

**Thurs., Oct. 15**

Baked Chicken w/  
Grain Roll  
Cheeseburger on  
Multi Grain Bun  
Creamy Creamed  
Potatoes  
Green Beans  
Peach Cup

**Breakfast**  
Good Gravy Pizza

**Friday, Oct. 16**

Pepperoni Pizza  
Chicken Salad  
w/ Wheat Thins  
Corn Cobbett  
Vegetable  
Pasta Salad  
Chilled Pear Cup

**Breakfast**  
Yogurt

Monday, Oct. 19	Tuesday, Oct. 20	Wed., Oct. 21	Thurs., Oct. 22	Friday, Oct. 23
Cheeseburger on Multi Grain Bun BBQ Sandwich on Multi Grain Bun Coleslaw French Fries Chilled Pear Cup  <b>Breakfast</b> Pancakes w/ Sausage On a stick	Chicken Tenders w/ Grain Roll Beef Stroganoff w/ Grain roll Green peas Raw Vegetable Cup Manager's Choice Fruit  <b>Breakfast</b> Cheesy Eggs w. Toast	Macaroni and Cheese w/ Sausage and grain roll Corn Dog Nuggets Green Beans Glazed Carrots Seasonal Fresh Fruit  <b>Breakfast</b> French Toast	Turkey and Cheese Sandwich on Multi Grain Bun Mexican Beef Rotini w/ Grain Roll Broccoli and Cheese Sauce Black Eye Peas Very Berry Cup  <b>Breakfast</b> Manager's Choice	Pepperoni Pizza Sloppy Joe on School Made Roll Corn Pinto Beans Applesauce  <b>Breakfast</b> Blueberry Muffin
Monday, Oct. 26	Tuesday, Oct. 27	Wed., Oct. 28	Thurs., Oct. 29	Friday, Oct. 30
Taco Pie Hot Dog w/ Chill Tossed Salad Tater Tots Fruit Gelatin  <b>Breakfast</b> Cheese Toast	Beef Burrito Chicken & Cheese Quesadilla Shredded Lettuce, Tomato & Pickle Manager's Choice Chilled Pear Cup  <b>Breakfast</b> Good Gravy Pizza	Open Faced Turkey Sandwich Cheeseburger on Multi Grain Bun Creamy Creamed Potatoes Lima Beans Seasonal Fresh Fruit  <b>Breakfast</b> Unrustable Peanut Butter and Jelly	Jerry's Chicken Casserole w/ Grain Roll Fish Sandwich on Multi Grain Bun Coleslaw Spicy French Fries Strawberry Cup  <b>Breakfast</b> Pancakes	Pepperoni Pizza Chili Beans w/ Wheat Crackers Corn Green Peas Applesauce  <b>Breakfast</b> Manager's Choice

## Snacks

**DID You KNOW** that snacks may be needed to help give you the energy that you need to make it through the day. Make sure to choose healthy snacks from each of the different food groups to increase the nutrients in your diet.

### Healthy Snacks Suggestions:

Animal Crackers  
Graham Crackers  
Air-Popped Popcorn  
Cheese  
Pudding  
Yogurt  
Any Raw Vegetables  
Fruit juice  
Any Fresh Fruit  
Peanut Butter  
Turkey or Meat Cubes

If you go out to "Trick or Treat" make sure you have an adult check your candy before you eat it!



USDA is an equal opportunity provider and employer.

Our Menus are subject to change.

