

USD 409 Atchison High School October 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
10/1/18	10/2/18	10/3/18	10/4/18	10/5/18
Chicken Nuggets Second Entrée Choice Corn Kiwi Apricots	Whole Grain Pizza Orange Wedges Fruit Cocktail	Chicken Fried Steak OR Salisbury Steak Mashed Potatoes Gravy, Broccoli Whole Grain Roll Cantaloupe, Pears	Rib Pattie or BBQ Beef Whole Grain Bun Red Pepper Strips Coleslaw, Beans Applesauce Banana	Fun Fish OR Chicken Wrap Vegetable Choices Mandarin Oranges Additional Fruit
10/8/18	10/9/18	10/10/18	10/11/18	10/12/18
Tenderloin OR Chicken Pattie Whole Grain Bun Watermelon Apricots	Hamburger OR Cheeseburger Whole Grain Bun Sliced Pickle Pears, Orange Half	Toasted Cheese Sandwich OR Shrimp Poppers Yogurt Tomato Soup Honey Dew Applesauce	Whole Grain Pizza Two Fruit Choices	NO SCHOOL
10/15/18	10/16/18	10/17/18	10/18/18	10/19/18
 NATIONAL SCHOOL LUNCH WEEK ♥️👉 LOTS TO LOVE 👈♥️				
NO SCHOOL	Grilled OR Breaded Chicken Pattie Whole Grain Bun Pickle Slices Cooked Carrots Blueberries Apricots	Chicken Fried Steak OR Salisbury Steak Mashed Potatoes Gravy Whole Grain Roll Kiwi Tropical Fruit	Whole Grain Corndog OR Chicken Nuggets Tater Tots Honey Dew Peaches	Taco Meat OR Fajita Chicken Shredded Cheese Tortilla Shell OR Chips Salsa, Refried Beans Pears, Additional Fruit
10/22/18	10/23/18	10/24/18	10/25/18	10/26/18
Cheesy Chicken Bake OR Goulash Green Beans Corn Strawberries Fruit Cocktail	Meatballs OR BBQ Beef Whole Grain Bun Marinara Sauce Dried Cranberries Orange Half	Hot Dog OR Rib Whole Grain Bun Chili Beans, Sauerkraut French Fries Cantaloupe Applesauce	Sloppy Joe Meat OR Hamburger Whole Grain Bun Sliced Pickles Banana Mandarin Oranges	Enchilada OR Shrimp Poppers Cheese Stick Roasted Cauliflower Coleslaw Pineapple Additional Fruit
10/29/18	10/30/18	10/31/18	11/1/18	11/2/18
Meat Sauce OR Chicken Alfredo Spaghetti Grapes Pears	Whole Grain Burrito OR Chicken Wrap Refried Beans Salsa, Corn Peaches Tropical Fruit	Chicken Nuggets OR Fun Fish French Fries Green Beans Apple Wedges	Whole Grain Pizza Blueberries Apricots	Sandwich Choice Lettuce, Tomato Pickle, Beans Mango Additional Fruit

A Carton of milk is included with each meal.

This institution is an equal opportunity provider.