

October 2017

BALTIMORE CITY
PUBLIC SCHOOLS

High School Lunch Menu

Lunch includes meat or meat-alternate, milk, fresh fruit and
Menu subject to change. *All of our grains are made with whole grain.*
Fresh tossed salads or salad bars are offered daily.



National School Lunch
Week
October 9 -13 2017

Monday	Tuesday	Wednesday	Thursday	Friday
10/2 Fish Nuggets Corn Bread Second Entrée Choice <i>Sides:</i> Baked Beans Autumn Salad	10/3 Italian Meatballs w/peppers & onions on WG Roll <i>or</i> Second Entrée Choice <i>Sides:</i> Steamed Corn Autumn Salad	10/4 Oven Fried Chicken Mac & Cheese <i>or</i> Second Entrée Choice <i>Sides:</i> Collard Greens Autumn Salad	10/5 Spiral Rotini w/Meat Sauce Dinner Roll <i>or</i> Second Entrée Choice <i>Sides:</i> Green Beans Autumn Salad	10/6 Cheese or Turkey Pepperoni Pizza <i>or</i> Second Entrée Choice <i>Sides:</i> Carrot Sticks w/dip Autumn Salad
10/9 NATIONAL Big Bold Burger w/Onion Rings, Boom-Boom Sauce on WG Grain Bun <i>or</i> Second Entrée Choice <i>Sides:</i> Steamed Broccoli Autumn Salad	10/10 SCHOOL Spicy or Mild Boneless Wings and Biscuit w/Honey Mustard <i>or</i> Second Entrée Choice <i>Sides:</i> Baked Beans Autumn Salad	10/11 LUNCH Korean BBQ Chicken over Brown Rice Spring Roll Duck Sauce <i>or</i> Second Entrée Choice <i>Sides:</i> Steamed Carrots Autumn Salad	10/12 WEEK Cheese Steak Sub on WG Sub Roll <i>or</i> Second Entrée Choice <i>Sides:</i> Oven Fries Autumn Salad	10/13 2017 Cheese or Turkey Pepperoni Pizza <i>or</i> Second Entrée Choice <i>Sides:</i> Carrot Sticks w/dip Chips & Salsa Autumn Salad
10/16 Sloppy Joe on Whole Grain Bun <i>Or</i> Second Entrée Choice <i>Sides:</i> Green Beans Autumn Salad	10/17 BBQ Chicken Vegetable Rice Dinner Roll <i>Or</i> Second Entrée Choice <i>Sides:</i> Steamed Corn Autumn Salad	10/18 Meatloaf and Gravy Dinner Roll <i>or</i> Second Entrée Choice <i>Sides:</i> Mashed Potatoes Collard Greens Autumn Salad	10/19 PD DAY Schools Closed	10/20 PD DAY Schools Closed
10/23 All Beef Hotdog on WG Roll Chips & Salsa <i>or</i> Second Entrée Choice <i>Sides:</i> Steamed Broccoli Autumn Salad	10/24 Mild or Spicy Chicken Filet Sandwich <i>or</i> Second Entrée Choice <i>Sides:</i> Oven Fries Autumn Salad	10/25 Beef Nachos w/Cheese, Salsa and Sour Cream <i>or</i> Second Entrée Choice <i>Sides:</i> Fiesta Taco Black Beans Autumn Salad	10/26 Chicken Broccoli Alfredo Garlic Bread Stick <i>or</i> Second Entrée Choice <i>Sides:</i> Steamed Carrots Autumn Salad	10/27 Cheese or Turkey Pepperoni Pizza <i>or</i> Second Entrée Choice <i>Sides:</i> Carrot Sticks Autumn Salad
10/30 Fish Nuggets Corn Bread Second Entrée Choice <i>Sides:</i> Baked Beans Autumn Salad	10/31 Italian Meatballs w/peppers & onions on WG Roll <i>or</i> Second Entrée Choice <i>Sides:</i> Steamed Corn Autumn Salad			

Second Entrée Choices

Peanut Butter & Jelly and Deli Sandwiches are offered daily. Spicy Chicken Filet Sandwiches are offered Monday and Wednesday. Tuna Salad w/crackers or Chicken Salad on Croissant are offered on Tuesday and Thursday. Friday is "Chef's Choice"

Offered Daily: Milk (1%, fat free, fat free chocolate & strawberry flavors), Fresh Fruit (may include several variety of apples, oranges, bananas). Fixing's bar available with toppings and condiments for sandwiches.

Daily Salad Choices: May include local-grown lettuce and cucumbers, shredded carrots, corn, green peppers & cherry tomatoes

GREAT KIDS
GREAT SCHOOLS