

# October 2016 Lunch Menu

Sacramento High

## October 2016



Cold Sandwiches & Wraps Made Fresh

## Daily Sandwiches

Pastrami & Cheese Salami & Cheese Ham & Cheese Turkey & Cheese Tuna Salad Sandwich

#### Wraps

Selections Rotate BBQ Chicken Wrap Buffalo Chicken Wrap Chicken Caesar Wrap Chipotle Chicken Wrap Santé Fe Turkey Wrap



Daily Salad Bar with Condiments

#### **Today's Feature**

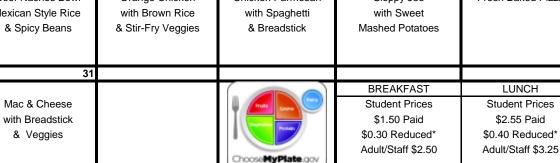
Monday Carrots & Beans Tuesday Broccoli & Celery Wednesday

Tomatoes & Cucumbers

Thursday Salad & Beans Friday Carrots & Celery



	Favorite Comfort Foods & International Flavors Served			
3	4	5	6	7
Chili Cheese Dog with Baked Beans	Teriyaki Chicken with Brown Rice & Stir-Fry Veggies	Triple Grilled Cheese with Baked Fries	NO SCHOOL	NO SCHOOL
10	11	12	13	14
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
17	18	19	20	21
NO SCHOOL	Chicken Alfredo with Veggie Medley & Breadstick	Mashed Potato & Chicken Bowl	Spaghetti & Meatballs with Breadstick	Fresh Baked Pizza
24	25	26	27	28
Beef Nachos Bowl Mexican Style Rice & Spicy Beans	Orange Chicken with Brown Rice & Stir-Fry Veggies	Chicken Parmesan with Spaghetti & Breadstick	Sloppy Joe with Sweet Mashed Potatoes	Fresh Baked Pizza





Classic Cheese pizza, Veggie and Pepperoni pizza served on Friday All pizza made w/ reduced fat cheese & whole grain crust. Includes salad bar.

### **Specials**

Week 1 Buffalo Chicken Week 2 Italian Sausage Week 3 Meatball Week 4 Hawaiian

Week 5 BBQ Chicken



Includes daily potato choice and salad bar.

#### Specials

Monday: Chicken Sandwich

Tuesday: Hamburger or Cheeseburger

Wednesday: Turkey Corn Dog BBQ Riblet Sandwich Thursday:

Daily: Popcorn Chicken



Fresh Food Fast- Packaged for Grab N' Go (Salads served with a dinner roll)

#### **Specials**

Monday: Asian Chicken Salad

Tuesday: Ham & Turkey Chef Salad

Spinach Salad Wednesday:

Thursday: Satsuma Cobb Salad

Daily Chicken Caesar Salad



Questions please call: **Food Service Director** 916.649.7844

USDA and this institution are equal opportunity providers.

\*You may qualify for free or reduced price meals. Applications are available at all schools and the district office. Low-fat milk is served with every breakfast and lunch.

Some menu items may change due to availability of products.