

October 2020

Roland-Story High School

LUNCH



This institution is an equal opportunity provider.



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



Milk offered daily:
White, Chocolate, and Strawberry Skim Milk
White 1% Milk

Cheeseburger
Baked Beans
Watermelon
Milk

1

Corndog
Green Beans
Pineapple Chunks
Milk

2

Cheese Pizza
Romaine Salad
Pears
Milk

5

Walking Tacos
Corn
Applesauce
Milk

6

Orange Chicken
Fried Rice
Eggroll
Mixed Fruit
Milk

7

Ham & Cheese Sub
Baby carrots
Pineapple
Milk

8

Hot Dog
Fries
Peaches
Milk

9

Chicken Sandwich
Sliced Carrots
Mandarin Oranges
Milk

12

Crispito
Chips W/Cheese
Corn
Pears
Milk

13

Spaghetti W/Meat Sauce
Breadstick
Green Beans
Applesauce
Milk

14

Shredded BBQ Chicken
Sandwich
Baked Beans
Mixed Fruit
Milk

15

Peperoni Pizza
Mixed Vegetables
Grapes
Milk

16

Chicken Strips
Broccoli Normandy
Peaches
Milk

19

Chicken Tacos
Corn
Diced Mango
Milk

20

Meatball Sub
Peas
Diced fruit
Milk

21

Teriyaki Chicken
Rice
Egg Roll
Pacific Blend Veggies
Mandarin Oranges
Milk

22

Sloppy Joe Sandwich
Fries
Peaches
Milk

23

NO SCHOOL

26

Taco Quesadilla
Corn
Blueberries
Milk

27

Chicken & Gravy w/Biscuit
Mashed Potatoes
Apricots
Milk

28

Sausage & Peperoni
Calzone
Romaine Salad
Pears
Milk

29

Hot Ham & Cheese
Sandwich
Green Beans
Mandarin Oranges
Milk

30