



Jamestown Area School District High School Lunch Menu October 2023



Lunch includes: Entrée (Grain & Meat/Meat Alt), Veg, Fruit & Milk. Students must take three 'items', one must be fruit/juice/veg.

Monday	Tuesday	Wednesday	Thursday	Friday
2-Oct Chicken Patty on WG Bun Lettuce, Tomato, Pickles Baked French Fries Diced Pears 	3-Oct Walking Taco Cheese, Sr Cream, Salsa Refried Beans Lettuce/Tomato Mixed Fruit	4-Oct French Bread Pizza Garden Salad (Lettuce, Cucumbers, Tomato & Garbanzo Beans) Fresh Fruit Variety	5-Oct Deli Turkey & Cheese on Pretzel Bun Baked Potato Chips Sliced Veggies & Dip Fruit Variety	6-Oct Stromboli (Italian, Steak or Buffalo) Vegetable Variety Fruit Variety
9-Oct No School 	10-Oct Cheeseburger On Bun Lettuce, Tomato, Pickle Tater Tots Applesauce	11-Oct General Tso Chicken Rice Pilaf Oriental Vegetables Sweet & Sour Dip Pineapple Chunks	12-Oct Nacho Supreme Rice Pilaf (9-12) Refried Beans Salsa & Sour Cream Lettuce/Tomato/Peppers Diced Pears	13-Oct Chicken Sticks Dinner Roll Waffle Fries Peaches 
16-Oct Chicken & Cheese Quesadilla Seasoned Curly Fry Berry Blue Berry Slushy	17-Oct Chicken Tenders Soft Pretzel Au Gratin Potatoes Fruit Variety 	18-Oct 3 Cheese Cavatappi Pasta in Cheese Sauce Garlic Bread Stick Steamed Broccoli Diced Peaches	19-Oct Chicken Nuggets WG Dinner Roll Mashed Potatoes & Gravy Steamed Green Beans Peaches	20-Oct Soft Beef Taco Apple Churro Taco Toppings Tater Tots Applesauce
23-Oct Cheese Pizza Garden Salad Fresh Strawberries & Blueberries 	24-Oct Walking Taco Cheese, Sr Cream, Salsa Refried Beans Lettuce/Tomato Mixed Fruit	25-Oct Chicken Popper Bowl Dinner Roll Mashed Potatoes & Gravy Steamed Corn Peaches	26-Oct Pasta Bar Garlic Bread Stick Garden Salad Mixed Fruit	27-Oct Chicken Patty on WG Bun Lettuce, Tomato, Pickles Baked French Fries Diced Pears
30-Oct Nacho Supreme Rice Pilaf (9-12) Refried Beans Salsa & Sour Cream Lettuce/Tomato/Peppers Fruit Variety	31-Oct <i>Halloween Menu</i> Mummy Wraps Skeleton Fingers Witches Brew Goblin Goo Creepy Crawly Dirt Liquid Ghosts	<i>Halloween Menu</i> Hot Dog Wraps French Fries Baked Beans Applesauce Dirt Pudding Milk		

This institution is an equal opportunity provider.

Choice of Milk:

1% White Milk
Fat-Free Flavored
(Choc., Van., Straw.)

Daily Fruit:

Apples, Bananas
Oranges, Canned Fruit

Daily Vegetables:

Salad Bar
Carrots, Peppers,
Cucumbers

Daily Alternatives:

Chef Salad, Chicken Patty, Spicy Chicken Patty,
Chicken Poppers, Burgers, PBJ, Deli Sandwich,
Deli Sandwich, Pizza



Create an account on www.SchoolCafe.com to add money to your students account.

Menu is subject to change.