



# October 2019 High School Lunch Menu



## JESUIT HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Waffle or Pancakes w/ Sausage, Tots, Fruit, Milk</p> <p>Beef or Chicken Tacos Shredded Cheese Shredded Lettuce &amp; Chopped Tomatoes Golden Corn Assorted Fruit/ Fresh Fruit Cinnamon Roll, Milk</p> <p>Ham Poboy, Chicken Fillet on Bun Hot Ham &amp; Cheese, Chicken Smackers</p>	<p>Bkft. Pizza or Eggs, Sausage, Toast Grits, Tots, Fruit, Milk</p> <p>Chicken Stew with Rice Carrot Souffle Roasted California Blend Assorted Fruit/ Fresh Fruit Biscuit Milk</p> <p>Turkey Poboy, Spicy Chix Fillet Turkey Philly Cheese</p>	<p>French Toast &amp; Sausage or Pancake Pup, Tots, Fruit, Milk</p> <p>Fried Catfish White Beans with Rice Caesar Salad Assorted Fruit/ Fresh Fruit Frenchbread Milk</p> <p>Ham Poboy, Chicken Fillet on Bun Chix Tender Pita, Chicken Nuggets</p>	<p>Beignets or Donut, Tots, Fruit, Milk</p> <p>Shepherd's Pie Roasted Broccoli Assorted Fruit/ Fresh Fruit Biscuit Brownie Milk</p> <p>Turkey Poboy, Spicy Chix Fillet Meatball Poboy</p>
<p>Chicken or Sausage Biscuit, Grits, Tots, Fruit, Milk</p> <p>Red Beans &amp; Rice Chicken Smackers or Sausage Links Carrot Souffle Assorted Fruit/ Fresh Fruit Cornbread Milk</p> <p>Ham Poboy, Spicy Chicken Fillet on Bun Sloppy Joe on a Bun</p>	<p>Waffle or Pancakes w/ Sausage, Tots, Fruit, Milk</p> <p>Beef or Chicken Tacos Shredded Cheese Shredded Lettuce &amp; Chopped Tomatoes Golden Corn Assorted Fruit/ Fresh Fruit Cinnamon Roll, Milk</p> <p>Turkey Poboy, Chicken Fillet on Bun Grilled Cheese Sandwich, Chix Balls</p>	<p>Bkft Pizza or Eggs, Sausage, Toast Grits, Tots, Fruit, Milk</p> <p>Lasagna Roasted Broccoli Assorted Fruit/ Fresh Fruit Garlic Roll Milk</p> <p>Ham Poboy, Spicy Chix Fillet Tex Mex Burrito</p>	<p>French Toast &amp; Sausage or Pancake Pup Tots, Fruit, Milk</p> <p>Chicken &amp; Sausage Gumbo Steamed Rice Potato Salad Glazed Carrots Assorted Fruit/ Fresh Fruit Southern Butter Roll, Milk</p> <p>Turkey Poboy, Chicken Fillet on Bun Grilled Cheese &amp; Soup, Chix Nuggets</p>	<p>Beignets or Donut, Tots, Fruit, Milk</p> <p>Shrimp Boil with Dutch Potatoes Corn on the Cob Assorted Fruit/ Fresh Fruit French Bread Milk Cookie</p> <p>Ham Poboy, Spicy Chix Fillet Grilled Chicken Pita</p>
<p>Chicken or Sausage Biscuit, Tots, Fruit, Milk</p> <p><b>EXAM WEEK BREAKFAST ONLY</b></p>	<p>Waffle &amp; Sausage, Tots, Fruit, Milk</p>	<p>Breakfast Pizza Grits, Tots, Fruit, Milk</p>	<p>Pancake Pup Tots, Fruit, Milk</p>	<p>Pancakes &amp; Sausage Tots, Fruit, Milk</p>
<p>Chicken or Sausage Biscuit, Grits, Tots, Fruit, Milk</p> <p>Sweet Baby Ray's Backyard BBQ Grilled Chicken Macaroni &amp; Cheese Glazed Carrots Roasted Cauliflower Assorted Fruit/ Fresh Fruit Southern Butter Roll, Milk</p> <p>Ham Poboy, Spicy Chicken Fillet on Bun Sloppy Joe on a Bun</p>	<p>Waffle or Pancakes w/ Sausage, Tots, Fruit, Milk</p> <p>Beef or Chicken Tacos Shredded Cheese Shredded Lettuce &amp; Chopped Tomatoes Golden Corn Assorted Fruit/ Fresh Fruit Cinnamon Roll, Milk</p> <p>Turkey Poboy, Chicken Fillet on Bun Grilled Cheese, Chicken Balls</p>	<p>Bkft Pizza or Eggs, Sausage, Toast, Grits, Tots, Fruit, Milk</p> <p>Meatsauce and Spaghetti Creamed Spinach Assorted Fruit/ Fresh Fruit Garlic Roll Milk</p> <p>Ham Poboy, Spicy Chicken Fillet Meatball Poboy</p>	<p>French Toast &amp; Sausage or Pancake Pup, Tots, Fruit, Milk</p> <p>Red Beans &amp; Rice Chix Smackers or Sausage Links Brussel Sprouts Assorted Fruit/ Fresh Fruit Cornbread, Milk</p> <p>Turkey Poboy, Chicken Fillet on Bun Grilled Chicken Pita, Chix Smackers</p>	<p>Beignets or Donut, Tots, Fruit, Milk</p> <p>Chicken &amp; Sausage Gumbo, Rice Seasoned Green Beans Potato Salad Assorted Fruit/ Fresh Fruit Biscuit, Milk Cake</p> <p>Ham Poboy, Spicy Chicken Fillet Turkey Philly Cheesesteak</p>
<p>Chicken or Sausage Biscuit, Grits, Tots, Fruit, Milk</p> <p>Salisbury Steak Mashed Potatoes w/ Gravy Glazed Carrots Assorted Fruit/ Fresh Fruit Southern Butter Roll Milk</p> <p>Turkey Poboy, Spicy Chicken on a Bun Tex Mex Burrito</p>	<p>Waffle or Pancakes w/ Sausage, Tots, Fruit, Milk</p> <p>Beef or Chicken Tacos Shredded Cheese Shredded Lettuce &amp; Chopped Tomatoes Golden Corn Assorted Fruit/ Fresh Fruit Cinnamon Roll, Milk</p> <p>Ham Poboy, Chicken Fillet on Bun Hot Ham &amp; Cheese, Chicken Smackers</p>	<p>Bkft Pizza or Eggs, Sausage, Toast, Grits, Tots, Fruit, Milk</p> <p>Chicken Alfredo Carrot Souffle Roasted California Blend Assorted Fruit/ Fresh Fruit Biscuit Milk</p> <p>Turkey Poboy, Spicy Chicken Grilled Chicken on a Bun</p>	<p>French Toast &amp; Sausage or Pancake Pup, Tots, Fruit, Milk</p> <p>Fried Catfish White Beans with Rice Caesar Salad Assorted Fruit/ Fresh Fruit Frenchbread Milk</p> <p>Ham Poboy, Chicken Fillet on Bun Chicken Tender Pita, Chicken Nuggets</p>	<p>Beignets or Donut, Tots, Fruit, Milk</p>

Nutrition By  
Banana Peppers



HAPPY HALLOWEEN