



Saydel High School Menu 2020

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October						
Su	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November						
Su	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Nachos (tortilla rounds w/ beef cheese dip & salsa) Chicken Salad Croissant Cheesy Refried Beans Fresh Grape Tomatoes Applesauce	Hawaiian Chicken Sandwich Bento Box (hard boiled egg & cheese cubes) Seasoned Corn Fresh Broccoli Florets Baked Cinnamon Apples	No School - Drive Through Closed	Nachos (tortilla rounds w/ beef cheese dip & salsa) Chicken Salad Croissant Cheesy Refried Beans Fresh Grape Tomatoes Applesauce	Hawaiian Chicken Sandwich Bento Box (hard boiled egg & cheese cubes) Seasoned Corn Fresh Broccoli Florets Baked Cinnamon Apples
Week 2	Chicken Alfredo or Meat Sauce over Pasta w/ WG roll Roast Beef Sandwich Seasoned Carrots & Peas Marinated Cucumbers Baked Cinnamon Apples	BBQ Chicken Rocken Casear Salad Seasoned Corn BBQ Baked Beans Applesauce	School Closed for Cleaning - See Drive Through Menu for details	Chicken Alfredo or Meat Sauce over Pasta w/ WG roll Roast Beef Sandwich Seasoned Carrots & Peas Marinated Cucumbers Baked Cinnamon Apples	BBQ Chicken Rocken Casear Salad Seasoned Corn BBQ Baked Beans Applesauce
Week 3	Cheeseburger Yogurt Parfait Crinkle Cut Fries Diced Peaches Fruit Cup	Sweet & Sour Pork or Chicken over Rice Bento Box (meat, cheese, crackers, & vegetable) Stir Fry Vegetables Mandarin Oranges	School Closed for Cleaning - See Drive Through Menu for details	Cheeseburger Yogurt Parfait Crinkle Cut Fries Diced Peaches Fruit Cup	Sweet & Sour Pork or Chicken over Rice Bento Box (meat, cheese, crackers, & vegetable) Stir Fry Vegetables Mandarin Oranges
Week 4	BBQ Teriyaki Chicken over Rice Combo Meat Hoagie Glazed Carrots Fresh Broccoli Florets Mixed Fruit	Meatloaf Chicken Bacon Ranch Wrap Mashed Potatoes Seasoned Green Beans Diced Pears Sidekick Slushie	School Closed for Cleaning - See Drive Through Menu for details	BBQ Teriyaki Chicken over Rice Combo Meat Hoagie Glazed Carrots Fresh Broccoli Florets Mixed Fruit	Meatloaf Chicken Bacon Ranch Wrap Mashed Potatoes Seasoned Green Beans Diced Pears Sidekick Slushie

The 5 Components of a School Lunch



Choose all 5 for the best nutrition!

Offer Vs. Serve

Choose **1/2 cup fruit**, or **1/2 cup vegetable**, or 1/2 cup **combination** and **at least 2 other components**.

This institution is an equal opportunity provider
Menus are subject to change due to availability of items