

# October 2020

## Secondary Lunch Menu

### LUNCH



Milk is offered with all meals.  
Menus are subject to change.  
Number following item indicates carbs.



\*Items are a pork product.



We are always looking for Food Service Substitutes.  
Contact Human Resources today!



Waterloo Community School District is an Equal Opportunity Employer.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Breaded Chicken Sand. 45 **5**  
Chili Crispito/Cheese 38  
Ham,turkey, cheese sub 52  
Refried Beans 15  
Mini Carrots 3  
Peaches 24  
Orange Juice 13

Sloppy Joe 43 **6**  
Chicken Taco 19  
Yogurt Box 53  
Potato Wedges 17  
Cucumbers 3  
Pears 25  
Apple Juice 14

\* BBQ Rib Sandwich 62 **12**  
Buffalo chicken bites 14  
Ham,turkey, cheese sub 52  
Cheesy Potatoes 17  
Cole Slaw 12  
Peaches 24  
Orange Juice 13

Cheeseburger 34 **13**  
Walking Taco 26  
Yogurt Box 53  
Refried Beans 15  
Pears 25  
Apple Juice 14

Hamburger 33 **19**  
Mozzarella Sticks 48  
Sweet Pot Crinkles 17  
Ham,turkey, cheese sub 52  
Romaine Lettuce Salad  
Peaches 24  
Orange Juice 13

Chicken Philly Sand. 50 **20**  
Taco 22  
Yogurt Box 53  
Refried Beans 15  
Cherry Tomato 2  
Pears 25  
Apple Juice 14

\* BBQ Pork Sandwich 51 **26**  
Chicken Nuggets 15  
Ham,turkey, cheese sub 52  
Baked Beans 29  
Cherry Tomato 2  
Peaches 24  
Orange Juice 13  
Bear Grahams 21

Fish Sandwich 62 **27**  
Beef & Cheese Nachos 46  
Yogurt Box 53  
Corn 16  
Cole Slaw 12  
Pears 25  
Apple Juice 14

Grilled Chicken Sand. 33 **7**  
Lasagna 44  
Bread Stick 16  
Chef Salad 14 w/ Corn Muffin 36  
Peas 13  
Romaine Lettuce Salad  
Cinnamon Apples 29  
Grape Juice 18

Spicy Chicken Sand. 47 **14**  
Turkey & Gravy 2  
Biscuit 24  
Southwest Chicken 47  
Mixed Vegetables 12  
Cherry Tomato 2  
Sour Cherry Slushie 20  
Grape Juice 18

Breaded Chicken Sand. 45 **21**  
Macaroni & Cheese 33  
\* Chicken Bacon Salad 7 w/ Muffin 36  
Green Beans 6  
Romaine Lettuce Salad  
Flavored Applesauce 29  
Grape Juice 18

Cheeseburger 34 **28**  
Chili 39  
Chicken Strip Salad 14 w/ Corn Muffin 36  
Corn Muffin 36  
Peas 13  
Raspberry Slushie 20  
Grape Juice 18

Spicy Chicken Sand. 47 **1**  
Ramen bowl 57  
Chicken Caesar Wrap 41  
Steamed Carrots 7  
Fresh Broccoli 2  
Mandarin Oranges 28  
Fruit Punch 14

Hamburger 33 **8**  
Mandarin Chicken 19  
Brown Rice 21  
\*Chicken Club Wrap 48  
Broccoli w/ Cheese 5  
Cherry Tomato 2  
Mandarin Oranges 28  
Fruit Punch 14

Chicken Cordon Bleu 44 **15**  
Teriyaki Chicken 9  
Brown Rice 21  
Chicken Ranch Wrap 48  
Steamed Carrots 7  
Romaine Lettuce Salad  
Mandarin Oranges 28  
Fruit Punch 14

Hot Ham & Swiss 32 **22**  
Sweet & Sour Chicken 34  
Brown Rice 21  
Buffalo Chicken Wrap 20  
Steamed Broccoli 4  
Cucumbers 3  
Mandarin Oranges 28  
Fruit Punch 14

Spicy Chicken Sand. 47 **29**  
Ramen bowl 57  
Chicken Caesar Wrap 41  
Steamed Carrots 7  
Fresh Broccoli 2  
Mandarin Oranges 28  
Fruit Punch 14

Hot Turkey & Swiss 32 **2**  
BLT Pizza 58  
Pretzel / Cheese Box 73  
Mashed Potatoes 17 Gravy 3  
Romaine Lettuce Salad  
Managers Choice of Vegetable  
Mixed Fruit 25  
Juice 15

Corn Dog 30 **9**  
\*Ck Bacon Ranch Pizza 44  
Pretzel / Cheese Box 73  
Sweet Pot Crinkles 17  
Green Pepper Strips 3  
Managers Choice of Vegetable  
Mixed Fruit 25  
Juice 15

Shrimp Strips 17 **16**  
Tea Roll 13  
Taco Pizza 61  
Pretzel / Cheese Box 73  
Mashed Potatoes 17  
Fresh Broccoli 2  
Managers Choice of Vegetable  
Mixed Fruit 25  
Juice 15

Corn Dog 30 **23**  
\* Pepperoni Pizza 41  
Pretzel / Cheese Box 73  
Potato Wedges 17  
Mini Carrots 3  
Managers Choice of Vegetable  
Mixed Fruit 25  
Juice 15

Hot Turkey & Swiss 32 **30**  
BLT Pizza 58  
Pretzel / Cheese Box 73  
Mashed Potatoes 17 Gravy 3  
Romaine Lettuce Salad  
Managers Choice of Vegetable  
Mixed Fruit 25  
Juice 15