

COUDERSPORT HIGH SCHOOL MENU: OCTOBER 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Additional Information:
			October 1 Walking Taco Rice Fruit Choices	October 2 Pretzel Hot Dog Sweet Potato Fries Streamed Veggies Fruit Choices	Daily Alternate Choices Are: Chicken Patty on Roll Pizza Salad Bar
October 5 Buffalo Chicken Wrap Spanish Rice Fruit Choices	October 6 Sloppy Joe Steamed Veggies Curly Fries Fruit Choices	October 7 Chicken Tenders Whipped Potatoes Dinner Roll Fresh Fruit Choices	October 8 Nachos w/ meat & cheese Refried Beans Vegetable Blend Fruit Choices	October 9 Fish Sandwich Oven Fries Cole Slaw Fruit Choices	Fresh Veggie Bar Included With Every Lunch 
October 12 TEACHER IN SERVICE NO SCHOOL	October 13 Roasted Chicken Au Gratin Potatoes Corn on the Cob Fruit Choices	October 14 Shrimp Poppers Oven Fries Steamed Veggies Fruit Choices	October 15 Tacos Lettuce & Tomatoes Refried Beans Fruit Choices Soft pretzel	October 16 Falcon Chicken Bowl (Popcorn chicken, mashed potato, corn, gravy, and cheese) Dinner Roll Fruit Choices	Fresh Veggies Bar Includes: Green Peas, 3-Bean Salad, Pickled Beets, Romaine Lettuce, Baby Spinach, Cucumbers, Grape Tomatoes, Green, Red & Yellow Peppers, Chick Peas, Carrots, & Broccoli.
October 19 General Tso's Chicken Buttered Rice Steamed Veggies Fruit Choices	October 20 Pork BBQ Oven Fries Fruit Choices	October 21 Rotini Prince Edward Blend Garlic breadstick Fruit Choices	October 22 Soft Shell Taco Lettuce & Tomatoes Refried Beans Fresh fruit & Peaches Churro	October 23 Toasted Cheese Tomato Soup Crackers Fruit Choices	 Veggies are Awesome!
October 26 Turkey Bacon Wrap Broccoli w/ Cheese Fruit Choices	October 27 Meatball Sub Cauliflower Fruit Choices	October 28 Chicken and Biscuits Dinner Roll Fruit Choices	October 29 Bacon Cheeseburger Baked Onion Rings Steamed Veggies Fruit Choices	October 30 Lasagna Dinner Roll Prince Edward Blend Fruit Choices	 MILK INCLUDED WITH ALL MEALS: FF Chocolate FF Vanilla FF Strawberry 1% White & Skim
			MENUS ARE SUBJECT TO CHANGE	 Delicious!	Student Full Price Lunch: \$1.85 Student Reduced Lunch: \$.40 Full Price Breakfast: \$1.20 Reduced Breakfast: \$.30 Adult Lunch: \$3.00 Extra entrée: \$1.20

PLEASE KNOW THAT FRESH FRUIT IS OFFERED DAILY.