

**LUNCH PRICES**

Student - \$2.65  
Adult - \$3.50  
Milk - \$.60

**MILK VARIETY OFFERED DAILY:**

1% White  
1% Chocolate

# OCTOBER 2018

## GCSD#9 – HIGH SCHOOL



### Monday

Round Pizza  
Carrot Sticks  
Celery  
FF Ranch Dressing  
Small Pretzel Rod  
Diced Pears  
Milk

1

### Tuesday

Pork Roast Dinner  
Mashed Potatoes  
Corn  
Garlic Bread  
Apple Slices  
Milk

2

### Wednesday

Lasagna  
Romaine Tossed Salad  
Lite Italian Dressing  
Carrots  
Breadstick  
Diced Peaches  
Milk

3

### Thursday

Chicken Fajita  
Shredded Lettuce  
Green Beans  
Tortilla Chips & Salsa Cup  
Mixed Fruit  
Milk

4

### Friday

**NO SCHOOL**  
  
**INSTITUTE DAY**

5

**NO SCHOOL**

8

**COLUMBUS DAY**

Soft Taco  
Shredded Lettuce  
Spanish Rice  
Cheesy Beans  
Tortilla Chips & Salsa Cup  
Pineapple Chunks  
Milk

9

Salisbury Steak  
Mashed Potatoes  
Green Beans  
Garlic Bread  
Peaches  
Milk

10

Grilled Cheese  
& Tomato Soup  
Romaine Salad  
Carrots  
Cheez-Its  
Apple Slices  
Milk

11

Orange Chicken  
Steamed Broccoli  
Corn  
Spaghetti Noodles  
Breadstick  
Pineapple Chunks  
Milk

12

Cheese Pizza  
Wedge

15

Green Beans  
Carrots  
Veggie Boat  
Pears  
Milk

Chicken Nuggets  
Mashed Potatoes  
Corn  
Dinner Roll  
Blue Raspberry/Lemon  
Sidekick  
Milk

16

**NATIONAL PASTA DAY**  
Spaghetti & Meat  
Sauce, Breadstick  
Romaine Tossed Salad with  
FF Ranch Dressing  
Veggie Boat, Carrots  
Mixed Fruit, Milk

17

**NO SCHOOL**  
  
**PARENT/TEACHER CONFERENCES**

18

**NO SCHOOL**  
  
**PARENT/TEACHER CONFERENCES**

19

Pepperoni Pizza  
Wedge  
Corn  
Cooked Carrots  
Applesauce  
Milk

22

Spicy Chicken  
Sandwich  
Steamed Broccoli  
Sweet Potato Fries  
Apple Slices  
Milk

23

Chicken Strips  
Mashed Potatoes  
Green Beans  
Wheat Roll  
Peaches  
Milk

24

Bosco Sticks &  
Spaghetti Sauce  
Romaine Salad  
Veggie Boat  
Pears  
Milk

25

BBQ Rib on Bun  
Calico Beans  
Hash Rounds  
Mixed Fruit  
Milk

26

Sausage Pizza  
Carrots  
Green Beans  
Veggie Bar  
Diced Pears  
Milk

29

Chicken Parmesan  
On WG Bun  
Mashed Potatoes  
Corn  
Apple Slices  
Milk

30

Chicken Noodle  
Casserole  
Romaine Tossed Salad  
Lite Italian Dressing  
Carrots, Breadstick  
Diced Peaches  
Milk

31

**ALL STUDENTS AT THIS SCHOOL RECEIVE ONE DAILY LUNCH FREE OF CHARGE.**

If you have any questions or comments, please contact the Food Service Dept. at (618)451-5800 or [gloria.harrison@gcsd9.net](mailto:gloria.harrison@gcsd9.net) or [cheryl.wilson@gcsd9.net](mailto:cheryl.wilson@gcsd9.net)

**This Institution is an Equal Opportunity Provider.**

**MENU IS SUBJECT TO CHANGE.**