

# October 2017



# "The Bear Cave" Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Ham &amp; Cheese Potato Bowl Pepperoni Pizza Meatball Sub Grilled Chicken Caesar Salad Cherry Blossom Chicken Fried Rice Buttermilk Biscuit Side Salad Whole Kernel Corn Sliced Pears Mandarin Orange Slices</p>	<p>3 Texas BBQ on a Bun Popcorn Chicken Pepperoni Pizza Ham &amp; Cheese Panini Sweet Potato Fries Brown Sugar Baked Beans Side Salad Cucumber Slices w/Dip Bread Stick Applesauce Chilled Fruit Juice</p>	<p>4 Grilled Chicken Panini Teriyaki Beef Dunkers Buttermilk Biscuit Pepperoni Pizza Chef Salad Plate County Fair Corn Dog Vegetable Beef Soup Whipped Potatoes Side Salad Baby Carrots &amp; Tomato Cup Banana Raisins</p>	<p>5 Hot Dog with Chili Ham &amp; Cheese Fries Popcorn Chicken Pepperoni Pizza Pinto Beans Oven Fries Broccoli Slaw Side Salad Bread Stick Peach Slices Chilled Fruit Juice</p>	<p>6 Fish Filet Hoagie Hushpuppies Chicken Salad Ciabatta Nachos w/Chili &amp; Cheese Mandarin Orange Chicken Salad Pepperoni Pizza Whole Kernel Corn Oven Fries Side Salad Fresh Veggie Cup w/Dip Fruit Bowl</p>
<p>9 Chicken Alfredo Super Submarine Sandwich Pepperoni Pizza Cheeseburger Meatloaf Grilled Chicken Caesar Salad Buttermilk Biscuit Whipped Potatoes Glazed Carrots Fried Cabbage Side Salad Sliced Pears Mandarin Orange Slices</p>	<p>10 Sriracha Chicken Sandwich Steak Nuggets Turkey Ciabatta Sandwich Pepperoni Pizza Pinto Beans Oven Fries Side Salad Bread Stick Applesauce Delight Chilled Fruit Juice</p>	<p>11 Italian Baked Spaghetti Fish Basket w/ Hushpuppies &amp; Fries Pepperoni Pizza Chef Salad Plate Fajita Chicken Wrap Seasoned Green Beans Oven Fries Side Salad Bread Stick Banana Raisins</p>	<p>12 Scrambled Eggs Sausage Patty Potato Rounds Hot Buttered Grits Cinnamon Roll w/Icing BBQ on Bun Mozzarella Cheese Breadsticks Pepperoni Pizza Broccoli with Cheese Cucumber Slices w/Dip Fresh Seedless Grapes Chilled Fruit Juice</p>	<p>13 Tangerine Chicken Nachos w/Chili &amp; Cheese Italian Supreme Panini Mandarin Orange Chicken Salad Pepperoni Pizza Fluffy Brown Rice Black Beans Fresh Veggie Cup w/Dip Side Salad Fruit Bowl</p>
<p>16 Ham &amp; Cheese Potato Bowl Pepperoni Pizza Meatball Sub Cherry Blossom Chicken Grilled Chicken Caesar Salad Fried Rice Buttermilk Biscuit Side Salad Whole Kernel Corn Sliced Pears Mandarin Orange Slices</p>	<p>17 Texas BBQ on a Bun Popcorn Chicken Pepperoni Pizza Ham &amp; Cheese Panini Sweet Potato Fries Brown Sugar Baked Beans Side Salad Cucumber Slices w/Dip Bread Stick Applesauce Chilled Fruit Juice</p>	<p>18 Grilled Chicken Panini Teriyaki Beef Dunkers Buttermilk Biscuit Pepperoni Pizza Chef Salad Plate County Fair Corn Dog Vegetable Beef Soup Whipped Potatoes Side Salad Baby Carrots &amp; Tomato Cup Banana Raisins</p>	<p>19 Hot Dog with Chili Ham &amp; Cheese Fries Popcorn Chicken Pepperoni Pizza Pinto Beans Oven Fries Broccoli Slaw Side Salad Bread Stick Peach Slices Chilled Fruit Juice</p>	<p>20 Fish Filet Hoagie Hushpuppies Chicken Salad Ciabatta Nachos w/Chili &amp; Cheese Mandarin Orange Chicken Salad Pepperoni Pizza Whole Kernel Corn Oven Fries Side Salad Fresh Veggie Cup w/Dip Fruit Bowl</p>

**Offered Daily.....**  
A variety of entrees, fruits and vegetables are offered daily, with the goal of tempting the tastes of all of our students!  
Students must select 3 items, one of which is 1/2 cup fruit or vegetable.

A variety of Smart Snacks compliant snacks items are available for purchase on a daily basis. Students must have money on their account or with them to purchase.





**Meal Prices:**

**Breakfast**

K-12 \$1.00

**Lunch**

K-5th \$2.00

6th - 12th \$2.20

Low Fat and Fat Free Milk varieties available with all meals.

Menus subject to change based on food availability.

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
23 Chicken Alfredo Super Submarine Sandwich Pepperoni Pizza Cheeseburger Meatloaf Grilled Chicken Caesar Salad Buttermilk Biscuit Whipped Potatoes Glazed Carrots Fried Cabbage Side Salad Sliced Pears Mandarin Orange Slices	24 Super Cheeseburger Popcorn Chicken Turkey Ciabatta Sandwich Pepperoni Pizza Turnip Greens Oven Fries Side Salad Buttermilk Biscuit Applesauce Delight Chilled Fruit Juice	25 Italian Baked Spaghetti Fish Basket w/ Hushpuppies & Fries Chef Salad Plate Pepperoni Pizza Fajita Chicken Wrap Seasoned Green Beans Oven Fries Side Salad Bread Stick Banana Raisins	26 Meatball Sub Popcorn Chicken Mozzarella Cheese Breadsticks Pepperoni Pizza Bread Stick Broccoli with Cheese Sweet Potato Fries Side Salad Cucumber Slices w/Dip Peach Slices Chilled Fruit Juice	27 Tangerine Chicken Nachos w/Chili & Cheese Italian Supreme Panini Mandarin Orange Chicken Salad Pepperoni Pizza Fluffy Brown Rice Black Beans Fresh Veggie Cup w/Dip Side Salad Fruit Bowl


30



**No School!**

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Texas BBQ on a Bun  
 Nachos w/Chili & Cheese  
 Ham & Cheese Panini  
 Pepperoni Pizza  
 Oven Fries  
 Pinto Beans  
 Side Salad  
 Whole Kernel Corn  
 Frozen Fruit Slushy  
 Chilled Fruit Juice



**HAPPY HALLOWEEN!**

