

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day	2 Deli Bar Chicken Patty Sandwich Cheese Pizza Pepperoni Pizza Uncrustables Meal Vegetarian Baked Beans Waffle Fries Veggie Bar Fresh Apple Slices Cherry Craisins Mixed Fruit 1% Milk Fat Free Chocolate Milk	3 Deli Bar All Day Breakfast Potato Bowl Pepperoni Pizza Cheese Pizza Uncrustables Meal Veggie Bar Fresh Apple Slices Mixed Fruit Cherry Craisins Whole Grain Biscuit 1% Milk Fat Free Chocolate Milk	4 Deli Bar Chicken Tenders Uncrustables Meal Cheese Pizza Pepperoni Pizza Veggie Bar Sweet Potato Fries Fresh Apple Slices Cherry Craisins Mixed Fruit Garlic Knot 1% Milk Fat Free Chocolate Milk	5 Deli Bar Hot & Spicy Chicken Sandwich Cheese Pizza Pepperoni Pizza Uncrustables Meal Veggie Bar Sidewinders French Fries Fresh Apple Slices Cherry Craisins Mixed Fruit 1% Milk Fat Free Chocolate Milk
8 Chicken Wing Bar Bosco Sticks Muffin Meal Bundle Cheese Pizza big daddy Italian Sausage Pizza Veggie Bar Fresh Orange Sour Watermelon Raisins Diced Pears Whole Grain Biscuit Fat Free Chocolate Milk 1% Milk Marinara Sauce	9 Chicken Wing Bar Walking Taco Doritos Muffin Meal Bundle Cheese Pizza big daddy Italian Sausage Pizza Refried Beans Veggie Bar Fresh Orange Sour Watermelon Raisins Diced Pears Cheez-It Crackers Whole Grain Biscuit Fat Free Chocolate Milk 1% Milk	10 Chicken Wing Bar Chicken Nuggets Muffin Meal Bundle big daddy Italian Sausage Pizza Cheese Pizza Tater Tot Veggie Bar Fresh Orange Sour Watermelon Raisins Diced Pears Cheez-It Crackers Whole Grain Biscuit Fat Free Chocolate Milk 1% Milk	11 Chicken Wing Bar Glazed Chicken Drumstick Muffin Meal Bundle Cheese Pizza big daddy Italian Sausage Pizza Mashed Potatoes Veggie Bar Fresh Orange Sour Watermelon Raisins Diced Pears Whole Grain Biscuit Fat Free Chocolate Milk 1% Milk	12 Chicken Wing Bar Mini Corn Dogs Muffin Meal Bundle big daddy Italian Sausage Pizza Cheese Pizza Sidewinders French Fries Veggie Bar Fresh Orange Sour Watermelon Raisins Diced Pears Whole Grain Biscuit Fat Free Chocolate Milk 1% Milk
15 Taco and Nacho Bar Sub Sandwich Cheese Pizza Meatball Marinara Pizza Breaded Chicken, Bacon, Ranch Sandwich Veggie Bar Fresh Apple Fresh Plum Cherry Craisins Croutons Fat Free Chocolate Milk 1% Milk	16 Taco and Nacho Bar Sub Sandwich Cheese Pizza Meatball Marinara Pizza Classic Grilled Cheese Sandwich Refried Beans Veggie Bar Fresh Apple Fresh Plum Cherry Craisins Croutons Fat Free Chocolate Milk 1% Milk	17 Taco and Nacho Bar Hot Dog on Bun Sub Sandwich Cheese Pizza Meatball Marinara Pizza Tater Tot Veggie Bar Fresh Apple Fresh Plum Cherry Craisins Croutons Fat Free Chocolate Milk 1% Milk	18 Bacon, Egg and Cheese Bagel Sandwich Taco and Nacho Bar Sub Sandwich Cheese Pizza Meatball Marinara Pizza Veggie Bar Fresh Apple Fresh Plum Cherry Craisins Croutons Fat Free Chocolate Milk 1% Milk	19 Taco and Nacho Bar Popcorn Chicken Broccoli Bowl Sub Sandwich Cheese Pizza Meatball Marinara Pizza Veggie Bar Fresh Apple Fresh Plum Cherry Craisins Croutons Fat Free Chocolate Milk 1% Milk
22 Baked Potato Bar Grilled Chicken Sandwich Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Sweet Potato Fries Veggie Bar Applesauce Cup Fresh Banana Sour Watermelon Raisins Garlic Knot Croutons 1% Milk Fat Free Chocolate Milk	23 Mashed Potato Bar Sloppy Joe on Bun Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Veggie Bar Applesauce Cup Fresh Banana Sour Watermelon Raisins Garlic Knot Croutons 1% Milk Fat Free Chocolate Milk	24 Baked Potato Bar Taco-the-Town (soft taco) Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Refried Beans Veggie Bar Applesauce Cup Fresh Banana Sour Watermelon Raisins Garlic Knot Croutons 1% Milk Fat Free Chocolate Milk	25 Mashed Potato Bar Fish Sticks Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Veggie Bar Applesauce Cup Fresh Banana Sour Watermelon Raisins Hawaiian Roll Croutons 1% Milk Fat Free Chocolate Milk	26 Baked Potato Bar Honey BBQ Boneless Wings with Garlic Knot Roll Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Veggie Bar Applesauce Cup Fresh Banana Sour Watermelon Raisins Brown Rice Croutons 1% Milk Fat Free Chocolate Milk

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29 Ramen Bar Soft Pretzel with Cheese Dip Southern Chicken Tender Bird Dog Cheese Pizza Pineapple Teriyaki Chicken Plzza Vegetarian Baked Beans Veggie Bar Sidekicks Frozen Juice Cup Variety Fresh Grapes Fresh Strawberries Croutons Hawaiian Roll 1% Milk Fat Free Chocolate Milk	30 Ramen Bar Soft Pretzel with Cheese Dip Country Chicken Bowl Pineapple Teriyaki Chicken Pizza Cheese Pizza Veggie Bar Sidekicks Frozen Juice Cup Variety Fresh Grapes Fresh Strawberries Croutons Hawaiian Roll 1% Milk Fat Free Chocolate Milk			

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HG High School Lunch

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Ramen Bar Soft Pretzel with Cheese Dip Pork Rib Patty on Roll Cheese Pizza Pineapple Teriyaki Chicken Pizza Veggie Bar Sidekicks Frozen Juice Cup Variety Fresh Grapes Fresh Strawberries Hawaiian Roll Croutons 1% Milk Fat Free Chocolate Milk	2 Ramen Bar Soft Pretzel with Cheese Dip Cheeseburger Cheese Pizza Pineapple Teriyaki Chicken Pizza Sweet Potato Fries Veggie Bar Sidekicks Frozen Juice Cup Variety Fresh Grapes Fresh Strawberries Hawaiian Roll Croutons 1% Milk Fat Free Chocolate Milk	3 Ramen Bar Soft Pretzel with Cheese Dip Classic Grilled Cheese Sandwich Cheese Pizza Pineapple Teriyaki Chicken Pizza Tomato Soup Veggie Bar Sidekicks Frozen Juice Cup Variety Fresh Grapes Fresh Strawberries Croutons Hawaiian Roll 1% Milk Fat Free Chocolate Milk

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2. fax: (202) 690-7442; or
3. email: program.intake@usda.gov.

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