

# OCTOBER | 2022

## LOGAN-HOCKING HIGH SCHOOL LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b> Grilled Chicken Sandwich Seasoned Green Beans Apple Milk</p>	<p><b>4</b> Breakfast for Lunch Sausage Patty French Toast Sticks Potato Wedges Fruit Juice Milk</p>	<p><b>5</b> Cheesy Breadsticks w/ Marinara Cucumber Slices Apple Milk</p>	<p><b>6</b> Cooks Choice</p>	<p><b>7</b> Mexican Fiesta Pizza Baby Carrots Whole Grain Cookie Diced Peaches Milk</p>
<p><b>10</b> Chicken Patty Sandwich Macaroni and Cheese Mixed Vegetables Apple Milk</p>	<p><b>11</b> Taco in a Bag Buttered Corn Diced Peaches Milk</p>	<p><b>12</b> Grilled Cheese Chili Soup Fresh Grapes Milk</p>	<p><b>13</b> Popcorn Chicken Bowl Popcorn Chicken Mashed Potatoes w/ Gravy Corn Pretzel Apple Milk</p>	<p><b>14</b> Stuffed Crust Pepperoni Pizza Fresh Broccoli Whole Grain Cookie Orange Quarters Milk</p>
<p><b>17</b> No School Staff in Service</p>	<p><b>18</b> Cooks Choice</p>	<p><b>19</b> Hot Dog on Bun French Fries Diced Peaches Milk</p>	<p><b>20</b> Cheese Burger on Bun Seasoned Green Beans Orange Quarters Milk</p>	<p><b>21</b> Cheese Pizza Baby Carrots Whole Grain Cookie Strawberry Cup Milk</p>
<p><b>24</b> Meat and Cheese Nachos Black beans Apple Milk</p>	<p><b>25</b> Chicken Quesadilla Buttered Corn Diced Peaches Milk</p>	<p><b>26</b> Meatloaf Baked Potato Pretzel Apple Sauce Milk</p>	<p><b>27</b> Cooks Choice</p>	<p><b>28</b> Breakfast Pizza Steamed Broccoli Whole Grain Cookie Fresh Pear Milk</p>
<p><b>31</b> Breaded Chicken Sticks Macaroni and Cheese Seasoned Green Beans Orange Quarters Milk</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>

### **News**

**GRADES 5-7**  
½ CUP  
VEGETABLES  
1/2 CUP FRUIT  
100% JUICE

**GRADE 8-12**  
1 CUP VEGETABLES  
1 CUP FRUIT

**ALL WHOLE GRAIN BREADS**  
1% WHITE OR CHOCOLATE  
MILK

**GRADES 5-7**  
1 OZ. MEAT OR MEAT  
ALTERNATIVE  
**GRADE 8-12**  
2 OZ. MEAT OR MEAT  
ALTERNATIVE

**OFFERED DAILY**  
PB&J SANDWICH-PIZZA-HOT  
SANDWICHES-  
SALAD BAR

**FRUITS**  
APPLE- APPLE SAUCE-  
ORANGE-GRAPES-PEACHES-  
PEARS-TROPICAL FRUIT-  
ORANGES-BANANAS-  
CRAISINS-APRICOTS

\*menu subject to change  
\*This is an equal opportunity  
employer