

# BILOXI HIGH SCHOOL LUNCH MENU OCTOBER 2009



Meal Includes: Entree, sides, fresh fruit and choice of low fat milk

## OCTOBER 1 - 2

- THU** **BBQ Pork Riblet**, oven fries, tossed salad, barbecue beans, whole grain biscuit, chilled peaches
- FRI** **\*Chicken Nuggets w/Hot Buffalo Sauce**, \*celery sticks, \*baked potato wedges, seasoned corn, \*honey wheat bread sticks, fruited jell-o

## OCTOBER 5 - 9

- MON** **Hamburger Steak w/Gravy**, white rice, green peas, whole wheat roll, blueberry crisp
- TUE** **Sliced Roast Turkey/Gravy**, mashed potatoes/gravy, steamed broccoli, whole wheat roll, applesauce
- WED** **Hot Dog Bar**, potato wedges, baked beans, sliced peaches
- THU** **Cheesy Chicken/Rice**, corn, fresh carrots/dip, pear halves, whole wheat roll
- FRI** NO SCHOOL

## OCTOBER 12 - 16

- MON** NO SCHOOL
- TUE** **Italian Pasta Bar**, tossed salad, fresh broccoli/dip, peach crisp
- WED** **Chicken Tenders w/Hot Buffalo Sauce**, baked tater tots, black eyed peas, whole wheat roll, assorted fruit cup
- THU** **Chicken & Sausage Gumbo/Rice**, potato salad, green peas, rosy applesauce
- FRI** **Baked Chili Cheese Fries**, steamed broccoli, cole slaw, cornbread, frozen juice bar

## OCTOBER 19 - 23

- MON** **\*Chicken Nuggets**, \*mashed potatoes, seasoned corn, \*whole wheat roll, pears
- TUE** **\*Shepherd's Pie**, glazed carrots, frozen juice bar \*whole wheat roll
- WED** **Cheesy Chicken/Rice**, seasoned corn, green beans, whole wheat roll, chilled peaches
- THU** **Turkey Pot Pie**, mashed potatoes, black eyed peas, rosy applesauce
- FRI** **Cajun Baked Chicken**, dirty rice, steamed cabbage, glazed carrots, cornbread, assorted fruit cup

## OCTOBER 26 - 30

- MON** **\*Spaghetti w/Meatballs**, tossed salad, \*seasoned corn, \*whole wheat roll, \*frozen juice bar
- TUE** **BBQ Chicken**, mashed potatoes, vegetable medley, sliced peaches, whole wheat roll
- WED** **Macaroni & Cheese w/Ham**, green beans, glazed carrots, whole grain biscuit, blueberry crisp
- THU** **Oven Fried Chicken**, white rice w/gravy, black eyed peas, whole wheat roll, tomato & cucumber salad, chilled peaches
- FRI** **Roast Turkey/Gravy**, mashed potatoes/gravy, green beans, peach crisp, whole wheat roll



Features a bounty of fresh, seasonal and composed side dishes including hot or cold veggies, fresh cut fruits and side salads. These healthy options add value to your meal and are a perfect spot to round out your meal.



Balanced Choices meals are available weekly. Look for this icon or an (\*) asterisk to identify meal components. All Balanced Choices Meals are served with specific side items and 1% or less milk. Refer to weekly menu signage posted at your school.



## FEATURED DAILY

Fresh Baked Cheese Pizza

All selections, except Calzones, prepared on Whole Wheat Crust

## ROTATING DAILY SPECIALS

### OCTOBER 1 - 2

Thursday - South of the Border Pizza or Ham & Cheese Calzone  
Friday - Mexican Pizza or Vegetable Lover's Pizza

### OCTOBER 5 - 9

Monday - Pepperoni Pizza or Stuffed Crust Cheese Pizza  
Tuesday - Cheese Sticks or Broccoli Topped Pizza  
Wednesday - Veggie Calzone or Pepperoni Pizza  
Thursday - South of the Border Pizza or Combination  
Friday - NO SCHOOL

### OCTOBER 12 - 16

Monday - NO SCHOOL  
Tuesday - Cheese Sticks or Jalapeno Pizza  
Wednesday - Stuffed Crust Cheese Pizza or Pepperoni/Mushroom Pizza  
Thursday - Mexican Pizza or Vegetable Lover's Pizza  
Friday - Combination Pizza or Pepperoni Pizza

### OCTOBER 19 - 23

Monday - Ham/Mushroom Pizza or Pepperoni Pizza  
Tuesday - Jalapeno Pizza or Stuffed Crust Cheese Pizza  
Wednesday - Pepperoni/Mushroom Pizza or Cheese Sticks  
Thursday - South of the Border Pizza or Vegetable Lover's Pizza  
Friday - Combination Pizza or Pepperoni Pizza

### OCTOBER 26 - 30

Monday - Cheese Sticks or Broccoli & Cheese Calzone  
Tuesday - Pepperoni/Mushroom Pizza or Stuffed Crust Cheese Pizza  
Wednesday - Ham & Cheese Calzone or Pepperoni Pizza  
Wednesday - South of the Border Pizza or Pepperoni Pizza  
Wednesday - Combination Pizza or Vegetable Lover's Pizza

Includes Vegetable & Fruit Sides and choice of Milk



**FRESHLY MADE TO ORDER  
TACOS, BURRITOS, AND NACHOS**  
From a selection or:  
**SEASONED GROUND BEEF  
FRESH DICED CHICKEN  
NACHO CHEESE**

Your choice of Soft or Hard Shell Tortilla & Toppings:  
Shredded Lettuce, Diced Tomatoes, Cheese, Salsa and Sour Cream.  
Includes choice of Taco, Burrito, or Nachos, Sides, Fresh Fruit, And Choice of Milk.

Ask your cafeteria manager about Daily Vegetarian Options.



Our menus recognize the positive impact whole grains can make on the health of children. We strive to make half our grains whole.

**Rotating Daily Specials**

**OCTOBER 1 - 2**

THU - Ham & Cheese Wrap  
FRI - Submarine Sandwich

**OCTOBER 5 - 9**

MON - Veggie Lover's Wrap  
TUE - Chicken Caesar Wrap  
WED - Santa Fe Turkey Wrap  
THU - Parisian Ham & Cheese Wrap  
FRI - NO SCHOOL

**OCTOBER 12 - 16**

MON - NO SCHOOL  
TUE - Chicken Salad w/Whole Grain 🍴  
WED - Turkey Pita Pocket  
THU - Oriental Chicken Salad  
FRI - Parisian Ham & Cheese Wrap



**OCTOBER 19 - 23**

MON - Triple Decker Turkey Club 🍴  
TUE - Santa Fe Turkey Wrap  
WED - Buffalo Chicken Salad  
THU - Roast Beef & Swiss w/Whole Grain 🍴  
FRI - Honey Mustard Ham & Cheese Wrap

**OCTOBER 26 - 30**

MON - Bagel w/Sweet Cheese Spread  
TUE - Triple Decker Turkey Club 🍴  
WED - Oriental Chicken Salad  
THU - Honey Mustard Chicken Wrap  
FRI - Roast Beef & Swiss w/Whole Grain 🍴

**Rotating Weekly Specials**

Monday, Wednesday & Friday  
Chicken Salad

Tuesday & Thursday

Tuna Salad



**Rotating Daily Specials**

**OCTOBER 1 - 2**

Thursday - Chicken Fajita Salad or Parisian Ham & Cheese Wrap  
Friday - Tuna Salad Plate w/Crackers or Submarine Sandwich

**OCTOBER 5 - 9**

Monday - Chicken Strip Salad or Veggie Lover's Wrap  
Tuesday - Turkey Chef Salad or Chicken Caesar Wrap  
Wednesday - Ham Chef Salad or Santa Fe Turkey Wrap  
Thursday - Chicken Fajita Salad or Parisian Ham & Cheese Wrap  
Friday - NO SCHOOL

**OCTOBER 12 - 16**

Monday - NO SCHOOL  
Tuesday - Turkey Chef Salad or Chicken Salad w/Whole Grain 🍴  
Wednesday - Ham Chef Salad or Turkey Pita Pocket  
Thursday - Chicken Fajita Salad or Oriental Chicken Salad  
Friday - Tuna Salad Plate or Parisian Ham & Cheese Wrap

**OCTOBER 19 - 23**

Monday - Chicken Strip Salad or Triple Decker Turkey Club 🍴  
Tuesday - Turkey Chef Salad or Santa Fe Turkey Wrap  
Wednesday - Ham Chef Salad or Buffalo Chicken Salad  
Thursday - Chicken Fajita Salad or Roast Beef & Swiss w/Whole Grain 🍴  
Friday - Tuna Salad Plate or Honey Mustard Ham & Cheese Wrap

**OCTOBER 26 - 30**

Monday - Chicken Strip Salad or Bagel w/Sweet Cheese Spread  
Tuesday - Turkey Chef Salad or Triple Decker Turkey Club 🍴  
Wednesday - Ham Chef Salad or Oriental Chicken Salad  
Thursday - Chicken Fajita Salad or Honey Mustard Chicken Wrap  
Friday - Tuna Salad Plate or Roast Beef & Swiss w/Whole Grain 🍴

*Includes Sandwich, Vegetable Sides, Fresh Fruit, and choice of 1% Milk.*



**Available Daily**

*Cheeseburger & Chicken Filet*

*All selections prepared  
on whole wheat bun 🍴*

**Rotating Daily Specials**

**OCTOBER 1 - 2**

Thursday - Mushroom Swiss Burger  
Friday - Chicken Minis

**OCTOBER 5 - 9**

Monday - Hot Dog w/Chili  
Tuesday - Cheddar Onion Burger  
Wednesday - Grilled Chicken Wrap  
Thursday - Baked Corn Dog  
Friday - NO SCHOOL

**OCTOBER 12 - 16**

Monday - NO SCHOOL  
Tuesday - Hot Dog w/Chili  
Wednesday - Pizza Burger  
Thursday - Chili Cheeseburger  
Friday - BBQ Chicken

**OCTOBER 19 - 23**

Monday - Baked Corn Dg  
Tuesday - Mushroom Swiss Burger  
Wednesday - Bacon Cheeseburger  
Thursday - BBQ Pork Riblet  
Friday - Spicy Chicken Sandwich

**OCTOBER 26 - 30**

Monday - Grilled Chicken Wrap  
Tuesday - Cheddar Onion Burger  
Wednesday - Patty Melt  
Thursday - Bacon Cheeseburger  
Friday - Mushroom Swiss Burger