



Greenville Middle School/High School - October 2017 Menu

Express Station
Open from
7:00 am to 3:00 pm

Perpetual Goodies
Cereal, Cheese Sticks, Chips, Fruits, Granola Bars, Grab & Go Snacks, Hot Pretzels, Yogurt Parfait, Trail Mix, Yogurt

Hot Snacks
Popcorn Chicken, Stuffed Crust Pizza, Fries, Egg Rolls

Beverages
Coffee, Hot Tea, Hot Chocolate, Sparkling Ice, Arnold Palmer Half & Half, Powerade, Vitamin Water, Dasani Seltzer, Bottled Water

Mid-Day Delights
Pre-made Wraps, Turkey BLT, Ham & Cheese, Buffalo Chicken

Breakfast has 3 components:
- Grain/Meat/Meat Alternate
- Milk
- Fruits/Vegetable
A complete meal includes 2 out of 3 components.

Lunch has 5 components
- Fruit
- Vegetable
- Grain
- Milk
- Meat/Meat Alternate
A complete meal includes 3 out of 5 components with 1 being a fruit or vegetable.

Monday Oct 2	Tuesday Oct 3	Wednesday Oct 4	Thursday Oct 5	Friday Oct 6	
Hot Dog w/ Baked Beans	Vegetable Soup & Choice of: PB&J, Turkey & Cheese, or Tuna Sandwich	Chicken Wrap Hawaiian or Spicy BBQ	Burger w/ Smiley Fries	Fresh Made Pizza w/ Green Romaine Salad	
Monday Oct 9	Tuesday Oct 10	Wednesday Oct 11	Thursday Oct 12	Friday Oct 13	
Columbus Day No School	Taco Salad w/ Meat, Cheese, Black Beans, Corn, Salsa & Sour Cream	Thai Chicken over Rice w/ Stir Fry Veggies	Nachos w/ Cheese Sauce, Sour Cream & Salsa	Fresh Made Pizza w/ Green Romaine Salad	
Monday Oct 16	Tuesday Oct 17	Wednesday Oct 18	Thursday Oct 19	Friday Oct 20	
Baked Filet o' Fish w/ Cole Slaw	Turkey & Cheese Sub w/ Sweet Potato Wedges	Beef & Cheese Burrito w/ Red Beans & Rice	Fresh Made Pizza w/ Green Romaine Salad	Superintendent Conference Day No Students	
Monday Oct 23	Tuesday Oct 24	Wednesday Oct 25	Thursday Oct 26	Friday Oct 27	
Chicken Patty w/ Vegetable Soup	Macaroni & Cheese w/ a side of Green Beans	Toasted Chicken Quesadilla w/ Steamed Carrots	Rotini Pasta w/ Meat or Marinara Sauce & Broccoli	Fresh Made Pizza w/ Green Romaine Salad	
Monday Oct 30	Tuesday Oct 31	October 2017 	Lunch Items Available Daily		
Burger w/ Smiley Fries	Happy Halloween Popcorn Chicken, Mashed Potatoes, Gravy and Corn		Sandwiches: -PB & J -Turkey -Ham All served on Wheat Bread	Vegetable: Hummus & Carrot Sticks	Salad Bar

Milk Available daily: Fat Free Strawberry & Chocolate, 1% White | All Servings of bread and pasta are whole grain.
Menu subject to change without notice. | USDA is an equal opportunity provider and employer.

Breakfast
7:50 am to 9:15 am

Available Daily
Bagels & Cream Cheese
Crowley 6 oz. Yogurt Cereal

Monday
Mini Pancakes

Tuesday
Waffle & Sausage Sandwich

Wednesday
Cinnamon Rolls
Breakfast Pizza

Thursday
Fresh Baked Muffins
Jiffy Pancake & Sausage Stick

Friday
Hot Breakfast Sandwich on an English Muffin

All Meals Include:
Choice of milk, fruit or juice, and selected daily entrée

Meal Prices
Breakfast \$2.00
Lunch \$3.00
Milk \$0.65

October Meal Calculator

20 Breakfasts = \$40.00
20 Lunches = \$60.00

Please note there is a five (5) meal charging limit, as outlined in the District's Meal Charge Policy.