

High School Lunch

Norwell High School

Monday	Tuesday	Wednesday	Thursday	Friday
				Oct 1 Big Daddys Pizza B. Chicken Patty WG Bun White Bean Hummus French Fries Peas Farmer's Garden Salad Fresh Fruit Offered Daily Carrot Sticks Teriyaki Chix Caesar Wrap
Oct 4 A. Chicken Nuggets A. Chicken Patty WG Bun A. Stuffed Crust Pizza Buttered Egg Noodles Fresh Broccoli Mixed Vegetables WG Dinner Roll Fresh Fruit Offered Daily Strawberry Cups Cream Cheese Teriyaki Chix Caesar Wrap Greek Yogurt Parfait - HS	Oct 5 Meatball Sub French Fries Mixed Vegetables B. Chicken Patty WG Bun Fresh Fruit Offered Daily Strawberry Cups Greek Yogurt Parfait - HS Chicken Caesar Wrap Asian Chicken Wrap	Oct 6 A. BBQ Chicken B. Chicken Patty WG Bun Roasted Zucchini & Summer Squash WG Dinner Roll Roasted Potato Wedges Fresh Fruit Offered Daily Chicken Caesar Wrap Greek Yogurt Parfait - HS Cream Cheese	Oct 7 Big Daddys Pizza B. Chicken Patty WG Bun White Bean Hummus French Fries Peas Farmer's Garden Salad Fresh Fruit Offered Daily Carrot Sticks Teriyaki Chix Caesar Wrap	Oct 8 NO LUNCH
Oct 11 HOLIDAY	Oct 12 A. Chicken & Broccoli Alfredo over Pasta Garlic Bread Caesar Side Salad Savory Green Beans B. Chicken Patty WG Bun Fresh Fruit Offered Daily Fresh Strawberries Carrot Sticks Teriyaki Chix Caesar Wrap Greek Yogurt Parfait - HS BARBECUE SAUCE	Oct 13 Beef Tacos on WW Soft Tortilla Fiesta Corn & Bean Salad Homemade Cornbread B. Chicken Patty WG Bun Greek Yogurt Parfait - HS Fresh Fruit Offered Daily 100 % Fruit Juice Cream Cheese Celery Sticks Chicken Caesar Wrap Carrot Sticks	Oct 14 Grilled Cheese Sandwich Roasted Carrots w/Oregano A. Stuffed Crust Pizza Broccoli Salad Peaches Apple Chicken Caesar Wrap Greek Yogurt Parfait - HS	Oct 15 A. Galaxy Pizza Buttered Egg Noodles Roasted Zucchini WG Dinner Roll Buffalo Chicken WG Roll MILK, 1% Lowfat Orange Smiles Fresh Fruit Offered Daily Cream Cheese Greek Yogurt Parfait - HS Buffalo Chicken Wrap Caesar Side Salad
Oct 18 A. Pizza Sticks Buttered Egg Noodles Roasted Zucchini WG Dinner Roll Toasted Cheese Sandwich MILK, 1% Lowfat Orange Smiles Fresh Fruit Offered Daily Cream Cheese Greek Yogurt Parfait - HS Buffalo Chicken Wrap	Oct 19 Cheese Ravioli w/ Sauce Garlic Bread Caesar Side Salad Savory Green Beans B. Chicken Patty WG Bun Broccoli Fresh Fruit Offered Daily Fresh Strawberries Carrot Sticks Greek Chicken Wrap Greek Yogurt Parfait - HS Peaches Assorted Dipping Sauce	Oct 20 A. Chicken Bowl Warm Biscuit B. Chicken Patty WG Bun Sweet Buttered Corn Fresh Fruit Peaches Fresh Orange Chicken Caesar Wrap Buffalo Chicken Panini	Oct 21 B. Bacon Burger w/ Lett & Tom BBQ Beans w/ Bacon POTATO SALAD Mixed Vegetables A. Stuffed Crust Pizza Fresh Fruit Offered Daily Strawberry Cups Greek Yogurt Parfait - HS Carrot Sticks C. Ham & Cheese Sub White Bean Hummus Cream Cheese Teriyaki Chix Caesar Wrap	Oct 22 Big Daddys Pizza B. Chicken Patty WG Bun White Bean Hummus French Fries Peas Farmer's Garden Salad Fresh Fruit Offered Daily Carrot Sticks Teriyaki Chix Caesar Wrap
Oct 25 B. Chicken Quesadillas Galaxy Pizza Cilantro Lime Rice Peppers & Onions Fresh Grapes Black Bean & Corn Salad Fresh Fruit Offered Daily Carrot Sticks Buffalo Chicken Wrap Broccoli Cream Cheese Turkey Sandwich on WW Roll	Oct 26 Sloppy Joe on a Bun Garlic Bread Caesar Side Salad Savory Green Beans B. Chicken Patty WG Bun Fresh Fruit Offered Daily Fresh Strawberries Carrot Sticks Teriyaki Chix Caesar Wrap Greek Yogurt Parfait - HS BARBECUE SAUCE	Oct 27 A. Nacho Platter Fiesta Corn & Bean Salad Savory Green Beans Homemade Cornbread B. Chicken Patty WG Bun Greek Yogurt Parfait - HS Fresh Fruit Offered Daily 100 % Fruit Juice Cream Cheese Celery Sticks Buffalo Chicken Wrap	Oct 28 A. Italian Calzone French Fries A. Mozzarella Sticks Broccoli Sweet Buttered Corn Orange Smiles Fresh Fruit Offered Daily Chicken Caesar Wrap Greek Yogurt Parfait - HS	Oct 29 Big Daddys Pizza B. Chicken Patty WG Bun White Bean Hummus Peas Farmer's Garden Salad Fresh Fruit Offered Daily Carrot Sticks Teriyaki Chix Caesar Wrap Greek Yogurt Parfait - HS A. Italian Calzone

Assorted Milk: 1% Milk, Skim Milk, FF Chocolate Milk. Offered Daily a Variety of PBJ Sandwich, Salads, Hummus & Bagel Lunches.