



CELEBRATE



ARGOSY COLLEGEIATE HIGH SCHOOL
LHS - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
October 2, 2017	October 3, 2017	October 4, 2017	October 5, 2017	October 6, 2017
BAKED CHICKEN NUGGETS ^ French Fries Green Beans Diced Pears Grape Juice BBQ Sauce Ketchup Multi Grain Sun Chips ^ Choice of Milk	CHEESE PIZZA ^ Mixed Vegetables Orange Sorbet 100% Juice Peach Cup Choice of Milk	*NATIONAL TACO DAY! TACO SCOOPS Soft Tortilla ^ Salsa Cup Jalapenos Tortilla Chips ^ Pineapple Tidbits Fresh Fruit Choice of Milk	CRISPY CHICKEN FILLET ^ Hamburger Bun ^ Taco Beans Whole Kernel Corn Fresh Fruit BBQ Sauce Choice of Milk	BAGEL DOG ^ Tropical Veggie Juice Celery Sticks Fat Free Ranch Dressing Fresh Fruit Mixed Fruit Cup Mustard Ketchup Choice of Milk
October 9, 2017	October 10, 2017	October 11, 2017	October 12, 2017	October 13, 2017
COLUMBUS DAY	*BREAKFAST FOR LUNCH* FRENCH TOAST STICKS W/SAUSAGE ^ Potato Rounds SunSet Sip Juice Peach Cup Pineapple Tidbits Syrup Ketchup Choice of Milk	*Build Your Own Wrap* BUFFALO CHICKEN Soft Tortilla ^ Maple Baked Beans Diced Carrots Fresh Fruit Grape Juice Corn Muffin ^ Choice of Milk	*NEW ITEM* CHICKEN RANCH FLATBREAD ^ Green Beans Fresh Baby Carrots Celery Sticks Light Ranch Dressing (2) Fresh Fruit Choice of Milk	*BUILD A BETTER BURGER* CHEESEBURGER Hamburger Bun ^ Romaine Lettuce Pickle Chips Jalapenos Light Ranch Dressing Mixed Fruit Cup Orange Juice Ketchup Sriracha Ketchup Choice of Milk
October 16, 2017	October 17, 2017	October 18, 2017	October 19, 2017	October 20, 2017
CHICKEN TENDERS W/SWEET POTATO PUFFS ^ Mixed Vegetables Applesauce Cup Diced Pears BBQ Sauce Ketchup Vanilla Cookie ^ Choice of Milk	HOT DOG WITH POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Blended Fruit Juice Mixed Fruit Cup Mustard Ketchup Cherry Cookie ^ Choice of Milk	BBQ CHICKEN Hamburger Bun ^ Whole Kernel Corn Fresh Baby Carrots Light Ranch Dressing Peach Cup Orange Juice Choice of Milk	CHEESE PIZZA ^ Romaine Lettuce Green Pepper Slices Light Ranch Dressing Fresh Fruit Choice of Milk	MEATLOAF PANINI ^ French Fries Green Beans Fresh Fruit Grape Juice Ketchup Choice of Milk
October 23, 2017	October 24, 2017	October 25, 2017	October 26, 2017	October 27, 2017
MEATLESS MONDAY** PIZZA DIPPERS ^ Marinara Dipping Sauce Garden Vegetables Applesauce Cup Grape Juice Choice of Milk	CHICKEN FRIES W/TRI TATORS ^ Whole Kernel Corn Mixed Fruit Cup Pineapple Tidbits BBQ Sauce Ketchup Pretzels ^ Choice of Milk	*NEW ITEM* RANCH TURKEY BURGER Hamburger Bun ^ Maple Baked Beans Pickle Chips Celery Sticks Light Ranch Dressing Fresh Fruit Orange Juice Ketchup Light Mayonnaise Choice of Milk	*MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN ^ Romaine Lettuce Cucumber Coins Green Pepper Slices Croutons Light Ranch Dressing Fresh Fruit Choice of Milk	ROTINI BAKE WITH MEATSAUCE ^ Green Beans Fresh Fruit Blended Fruit Juice Raspberry Cookies ^ Choice of Milk
October 30, 2017	October 31, 2017	November 1, 2017	November 2, 2017	November 3, 2017
NO SCHOOL	BAKED CHICKEN NUGGETS ^ French Fries Broccoli Orange Juice Diced Pears BBQ Sauce Ketchup Corn Muffin ^ Choice of Milk			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

PREFERREDMEALSMENU.COM

FEATURE FOOD DAYS

NATIONAL SCHOOL LUNCH WEEK

NATIONAL TACO DAY

MEATLESS MONDAY

BREAKFAST FOR LUNCH

MAKE YOUR OWN

NEW ITEMS

BUILD A BETTER BURGER

MAKE YOUR OWN SALAD