

Sioux Valley School District

October 2018 MSHS Lunch Menu

Monday

1

A. Eggs w/ French Toast
 B. Cheeseburger
 C. Hawaiian Pizza
 D. Turkey&Cheese Sub

Tater Tots

Tuesday

2

A. Italian Dunkers
 B. Beef Hot Dog on Bun
 C. Stuffed Crust Pepperoni piz
 D. Chicken Spinach Salad
 w/ Dinner Roll

Green Beans

Wednesday

3

A. Sloppy Joe on Bun
 B. Crispy Chicken Sandwich
 C. Canadian Bacon Pizza
 D. Cold Cut Sub

Baked Fries

Thursday

4

A. Tater Tot Hotdish
 B. Cheese Quesadilla
 C. Stuffed Crust Cheese Pizza
 D. Chef Salad
 A&D. Dinner Roll

Green Peas

Friday

5

A. Doritos Walking Taco
 B. Beef & Cheese Burrito
 C. Sausage Pizza
 D. Italian Sub

Corn

8

No School

9

A. Spaghetti w/Meat Sauce
 w/Garlic Toast
 B. Crispy Chicken Sanwich
 C. Sausage Pizza
 D. Chicken&Bean Taco Salad
 Corn

10

A. Pulled Pork Sandwich
 B. Cheese Pizza Calzone
 C. Three Meat Pizza
 D. Cold Cut Sub

Coleslaw

11

A. Meatloaf
 B. Stuffed Crust Pizza
 C. Spicy chicken Sandwich
 D. Chef Salad
 A&D. Dinner Roll

Mashed Potatoes w/Gravy

12

A. Beef Soft Shell Tacos
 B. Cheeseburger
 C. Canadian Bacon Pizza
 D. Italian Sub

Tater Tots

15

A. Grilled Cheese Sandwich
 B. Pork Fritter Sandwich
 C. Garden Vegetable Pizza
 D. Turkey&Cheese Sub

Baked Fries

16

A. Cheeseburger Mac
 B. Chicken Nuggets
 C. Pepperoni Pizza
 D. Chef Salad
 Cinnamon Roll
 Carrots

17

A. Super Mexi Tots
 w/Bread
 B. Cheese Stuffed Breadsticks
 C. Sausage Pizza
 D. Cold Cut Sub
 California Blend Veggies

18

A. Chicken & Noodles
 B. Beef Hot Dog on Bun
 C. Canadian Bacon Pizza
 D. Chicken&Spinach Salad
 A&D. Dinner Roll

Peas

19

Fresh Baked

A. Sausage Pizza
 B. Cheese Pizza
 C. Cheddar Chicken Sandwich
 D. Italian Sub
 Corn

22

A. Chicken Drumstick
 w/Dinner Roll
 B. Pulled Pork Sandwich
 C. Cheese Pizza
 D. Turkey&Cheese Sub
 Mashed Potatoes w/Gravy

23

A. Beef & Cheese Burrito
 B. Crispy Chicken Sandwich
 C. Pepperoni&Sausage Pizza
 D. Chicken&Bean Taco Salad

Corn

24

A. Cheese Ravioli
 w/Garlic Bread
 B. Corn Dog
 C. Canadian Bacon Pizza
 D. Cold Cut Sub
 Broccoli

25

A. Tangerine Chicken w/Rice
 B. Cheese Pizza Calzone
 C. Sausage Pizza
 D. Chef Salad
 w/ Dinner Roll

Stir Fry Veggies

26

A. Chili w/ Corn Chips
 B. Chicken Nuggets
 C. Chicken Alfredo Pizza
 D. Italian Sub
 Cinnamon Roll
 Carrots

29

A. Ham & Scalloped Potatoes
 w/Bread
 B. Stuffed Crust Pizza
 C. Pepper Jack Burger
 D. Turkey&Cheese Sub
 California Blend Veggies

30


A. Mac n' Cheese w/ Bread
 B. Corn Dog
 C. Sausage Pizza
 D. Chicken Spinach Salad
 w/ Dinner Roll

Sidekicks® Frozen Juice Cup

31

A. Chicken Nuggets
 w/Dinner Roll
 B. Pulled Pork Sandwich
 C. Three Meat Pizza
 D. Cold Cut Sub

Baked Beans
 Ooey Goopy Jello




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 NUTRITION SERVICES



National
 School Lunch
 Week
 15 - 19th

Daily Lunch Menu Includes

- Choice of A, B, C, or D Entrées
- Unlimited Fresh Field Bar
- Milk Choice: Strawberry Skim, Chocolate Skim and 1% White

Meal Prices

Student Lunch 6-12: \$2.80
 Reduced Lunch: \$.40
 Adult Lunch: \$3.65
 Extra Entrée: \$1.80
 Extra Milk: \$.50

Fill Up & Fuel Up

Unlimited Fresh Field Bar
 Vegetables on the menu and on the fruit & vegetable bar meet or exceed all vegetable subgroup weekly requirements

