

# Homer High School

# OCTOBER

# 2010

Monday

Tuesday

Wednesday

Thursday

Friday

## Did You Know?

Pumpkins are a fruit.

Pulled Pork Sandwich  
on Whole Wheat Roll **4**

French Fries  
Green Beans  
Chilled Peaches  
Milk Choice

Soft Taco w/ Lettuce  
and Cheese **5**

Steamed Brown Rice  
Seasoned Corn  
Chilled Pears  
Milk Choice

Pasta w/ Meat Sauce  
Tossed Salad w/  
Dressing **6**  
Garden Peas  
Fresh Fruits  
Milk Choice  
\*graham cracker treat

Deli Day Sandwich w/  
Pretzels **7**

Macaroni Salad w/ Veggies  
Crunchy Veggie Plate  
Chilled Pineapple  
Milk Choice

Crispy Baked Chicken **1**

Tossed Salad w/ Dressing  
Steamed Broccoli Cuts  
Assorted Fruit Cup  
Milk Choice

Hot Meatball Sub **8**

Tossed Salad w/ Dressing  
Steamed Broccoli  
Assorted Fruit Cup  
Milk Choice

**11**

Staff Day

**12**

Popcorn Chicken  
Whole Grain Dinner Roll **13**

Baked French Fries  
California Blend Veggies  
Fresh Fruit  
Milk Choice

Hamburger on  
Whole Grain Roll **14**

Steamed Green Beans  
Pasta Salad  
Mandarin Oranges  
Milk Choice

Fish Sandwich w/  
Cheese **15**

Potato Wedges  
Homemade Coleslaw  
Assorted Fruits  
Milk Choice

Toasted Cheese **18**

Tomato Soup w/  
Goldfish Crackers  
Corn Niblets  
Peach Cup  
Milk Choice

Brunch for Lunch  
Pancakes w/  
Sausage **19**

Hash Brown Patty  
100% Juice Cup  
Fresh Fruit  
Milk Choice

Chicken Patty on  
Whole Grain Bun **20**

Baked Smile Fries  
Crunchy Veggie Plate  
Fruit Crisp  
Milk Choice

Sloppy Joe on  
Whole Grain Bun **21**

Green Beans  
Mashed Potatoes  
Diced Pears  
Milk Choice  
Free Rice Krispy Treat

Big Daddy Pizza **22**

Tossed Salad w/ Dressing  
Steamed Broccoli Cuts  
Assorted Fruits  
Milk Choice

Chicken Alfredo  
over Noodles **25**

California Blend Veggies  
100% Juice Bar  
Chilled Fruit Cup  
Milk Choice

Hot Meatball Sub **26**

Garden Salad w/ Dressing  
Mixed Vegetables  
Peach Cup  
Milk Choice

Hot Ham and Cheese  
Melt **27**

Carrot Coins  
Fruited Jell-o w/topping  
Fresh Fruits  
Milk Choice

Popcorn Chicken w/  
Multi Grain Roll **28**

Salt Potatoes  
Homemade Coleslaw  
Fruit Cocktail  
Milk Choice

Homemade Macaroni and  
Cheese **29**

Tossed Salad w/ Dressing  
Steamed Broccoli  
Assorted Fruits  
Milk Choice

## A La Carte

Breakfast	\$1.00
Lunch K-6	\$1.40
Lunch 7-12	\$1.50
Reduced Meals	\$.25
Milk	\$.50
Ice Cream	\$.50
Snacks/Chips	\$.50
Baked Lays/Chex Mix	\$.65

Hot Pretzel	\$1.00
cheese	.50

Salads, pizza, sandwiches and  
Yogurt available daily

## School News

Families who have not yet filled out an application for free and reduced price meals for this school year have been removed from the system. Please fill out an application and return it to Homer High kitchen ASAP to receive benefits

