

# OCTOBER 2018

## CONCRETE SCHOOL DISTRICT HIGH SCHOOL LUNCH MENU

**\*NEW\* GRAB & GO OFFERINGS AVAILABLE DAILY**



Monday	Tuesday	Wednesday	Thursday	Friday
Ham & Cheese Hoagie Sandwich Chicken Ranch Wrap	Turkey & Cheese Hoagie Sandwich Chef Salad Nacho Lunchable	Tuna or Egg Salad Hoagie Sandwich Chicken Ranch Wrap Hummus & Pita Lunchable	Ham & Cheese Hoagie Sandwich Chef Salad Pizza Lunchable	Turkey & Cheese Hoagie Sandwich Chicken Ranch Wrap

### DAILY SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cook's Choice	2 Bean & Cheese Burrito Sweet Corn Tortilla Chips & Salsa	3 Taste Washington Day	4 Turkey & Cheese Hoagie Sandwich Potato Chips	5 Pizza On WG Crust
8 Chicken Nuggets Whole Grain Roll Mashed Potatoes Green Beans	9 Nachos w/ Seasoned Beef & Cheese Refried Beans	10 Beef Teriyaki Dippers Brown Rice Steamed Broccoli	11 Sloppy Joe On Whole Grain Bun Potato Tots	12 Chicken Burger on Whole Grain Bun Baked Beans
15 Corn Dog Baked Fries Green Peas	16 Chicken Soft Taco w/ Cheese & Lettuce Refried Beans Tortilla Chips	17 Late Start Chili w/ Beef & Beans Mini Cornbread	18 Grilled Cheese Sandwich Cup of Tomato Soup	19 Hamburger on Whole Grain Bun Potato Chips
22 BBQ Rib Sandwich Whole Grain Bun Baked Fries Sweet Corn	23 Beef Soft Taco w/ Cheese & Lettuce Refried Beans Tortilla Chips	24 Spaghetti w/ Meat sauce Whole Grain Roll Green Beans	25 Biscuits & Gravy Hash brown Patty Egg & Cheese Omelet	26 Hamburger On Whole Grain Bun Baked Fries
29 Early Release Corn Dog Tatar Tots Fruit	30 Early Release Bean & Cheese Burrito Sweet Corn	31 Early Release Tuna Sandwich Sun Chips Carrot Sticks		

### MEAL PRICES

\*NEW\* this school year - All students receive their first breakfast and lunch meals at no cost.

Second meals & a la carte purchase prices are below:

Student Breakfast-\$1.50

Student Lunch (7-12)-\$2.95

Milk (a la carte)-\$0.60

Adult Breakfast-\$2.25

Adult Lunch-\$4.00

A finishing bar with fresh fruits and veggies and 1% Regular or Nonfat Chocolate Milk offered daily to complete your lunch!

This institution is an equal opportunity provider and employer. Menu subject to change without notice.  
Questions? Call the Food Services Director at (360) 853-4000.