

# East Prairie Highschool

## Lunch

October  
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Beef Stroganoff Golden French Fries Celery Sticks Canned Fruit Fresh Fruit 1% Milk Bread Stick</p>	<p><b>4 National Taco Day</b></p> <p>Walking Taco Refried Beans Green Pepper Slices Salsa Fresh Fruit Diced Pears 1% Milk</p>	<p><b>5</b></p> <p>Chicken Patty Gravy Mashed Potatoes Green Beans Cucumber Slices Diced Peaches Fresh Fruit 1% Milk Whole Grain Dinner Roll</p>	<p><b>6 HOM: FIG</b></p> <p>Sweet and Sour Chicken Fried Rice Glazed Carrots Cherry Tomato Mixed Canned Fruit Fresh Fruit 1% Milk Sample: Fig Newton</p>	<p><b>7</b></p> <p>Chili with 2 packs Crackers and Shredded cheese Roasted Broccoli Baby Carrots Applesauce Fresh Fruit 1% Milk Homemade Brownie</p>
<p><b>10 NATL SCHOOL LUNCH WEEK</b></p>	<p><b>11</b></p> <p>BBQ Rib on bun Baked Beans Baby Spinach Salsa Fresh Fruit Bar 1% Milk</p>	<p><b>12</b></p> <p>Chicken Patty with Gravy Gravy Mashed Potatoes Green Beans Cucumber Slices Diced Peaches Fresh Fruit 1% Milk Whole Grain Dinner Roll</p>	<p><b>13</b></p> <p>1.) Popcorn Chicken Bowl Steamed Corn Baby Carrots Fresh Apple Mixed Canned Fruit 1% Milk</p>	<p><b>14 HOM: GARLIC</b></p> <p>Cheesy Italian Flatbread Garlic &amp; Herb Broccoli Red/Orange Bell Pepper Applesauce Fresh Fruit 1% Milk Homemade Chocolate Chip Cookie</p>
<p><b>17</b></p> <p>Corn Dog Golden French Fries Red/Orange Bell Pepper Mandarin Oranges Fresh Fruit Bar 1% Milk</p>	<p><b>18</b></p> <p>Chicken Fajitas Spicy Pinto Beans Cherry Tomato Diced Pears Fresh Fruit 1% Milk</p>	<p><b>19</b></p> <p>Chicken Patty with Gravy Gravy Mashed Potatoes Green Beans Cucumber Slices Diced Peaches Fresh Fruit 1% Milk Whole Grain Dinner Roll</p>	<p><b>20</b></p> <p>Lasagna with Cheesy Garlic Toast Glazed Carrots Celery Sticks Fresh Mixed Fruit Fresh Fruit 1% Milk</p>	<p><b>21</b></p> <p>Grilled Cheese with Tomato Soup Steamed Broccoli Fresh Fruit 1% Milk Mini Rice Krispie Treat</p>
<p><b>24</b></p> <p>Pulled Pork Sandwich Baked Beans Celery Sticks Mandarin Oranges Fresh Fruit 1% Milk</p>	<p><b>25</b></p> <p>Fiesta Taco Mac Mexican Corn Green/Yellow Bell Pepper Salsa Diced Pears Fresh Fruit 1% Milk Bread Stick</p>	<p><b>26</b></p> <p>Chicken Patty with Gravy Gravy Green Beans Mashed Potatoes Diced Peaches Cucumber Slices Fresh Fruit 1% Milk Whole Grain Dinner Roll</p>	<p><b>27</b></p> <p>Stromboli Steamed Carrots Broccoli Florets Fresh Mixed Fruit Fresh Fruit 1% Milk</p>	<p><b>28</b></p> <p>BBQ Chicken Sandwich Golden French Fries Red/Orange Bell Pepper Applesauce Fresh Fruit Bar Canned Fruit Bar 1% Milk Chocolate Chip Cookie</p>
<p><b>31</b></p> <p>Parmesan Bites with Buttered Noodles California Blend Vegetable Celery Sticks Mandarin Oranges Fresh Fruit 1% Milk Fruited Gelatin</p>				

PRICES

EXTRA INFO

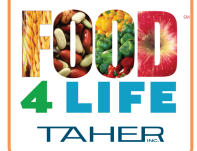
1% White or Chocolate milk is included with this meal  
If you have any questions or comments Please email:  
jennifer.jones@eastprairie.org or call 649-3564 ext 1312

HARVEST OF



THE MONTH

Menus and nutrition  
our app  
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