



# HIGH SCHOOL

**FREE MEALS**  
(both breakfasts and lunches) continue  
**Oct. 9, 2020 USDA PRESS RELEASE:**  
The U.S. Department of Agriculture (USDA) is extending flexibilities to allow free meals to continue to be available to all children throughout the entire 2020-2021 school year. This unprecedented move is part of USDA's unwavering commitment to ensuring all children across America have access to nutritious food as the nation recovers from the COVID-19 Pandemic.

## BREAKFAST & LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> (REPEATS WEEKLY)  CEREAL AVAILABLE EVERY DAY (2 BOWLS)	CHICKEN FILET BISCUIT  OR  HONEY BUN	YOPLAIT YOGURT CUP WITH MUFFIN TOPS  OR  CHICKEN FILET CROISSANT	CHICKEN FILET BISCUIT  OR  CINNAMON ROLL	YOPLAIT YOGURT CUP WITH MUFFIN TOPS  OR  CHICKEN FILET CROISSANT	CHICKEN FILET CROISSANT  OR  FRENCH TOAST STICKS
BREAKFAST ALSO INCLUDES MILK, FRUIT AND JUICE					
<b>WEEK 1 LUNCH</b>  Jan 11 – 15 Jan 25 – 29 Feb 8 – 12 Feb 22 – 26 Mar 8 – 12 Mar 22 – 26	FRENCH GARLIC BREAD w/ MARINARA  OR  POPCORN CHICKEN & ROLL  OR  BUFFALO CHICKEN WRAP  OR  CHEF SALAD	ASIAN CHICKEN NUGGETS w/ RICE  OR  NACHOS w/CHEESE & MEAT  OR  HAM OR TURKEY SUB OR WRAP  OR  GRILLED CHICKEN SALAD	ASSORTED VARIETIES OF PIZZA  OR  POPCORN CHICKEN & ROLL  OR  BUFFALO CHICKEN WRAP  OR  CHICKEN TENDER SALAD	CHICKEN FILET SANDWICH  OR  NACHOS w/CHEESE & MEAT  OR  NACHO-LOADED POTATO w/ TORTILLA CHIPS  OR  SOUTHWEST TURKEY WRAP  OR  BUFFALO CHICKEN SALAD	CHEESE STEAKBURGER  OR  BUFFALO CHICKEN PIZZA  OR  CHEESE QUESADILLA

### SMUCKER'S PBJ CHOICE OFFERED EVERY DAY, TOO

<b>WEEK 2 LUNCH</b>  Jan 4 – 8 Jan 19 – 21 Feb 1 – 5 Feb 15 – 19 Mar 1 – 5 Mar 15 – 19	BREADED CHEESE STICKS w/ MARINARA OR TOMATO BASIL SOUP  OR  POPCORN CHICKEN & ROLL  OR  BUFFALO CHICKEN WRAP  OR  CHEF SALAD	BONELESS PLAIN OR BUFFALO CHICKEN CHUNKS  OR  NACHOS w/CHEESE & MEAT  OR  HAM OR TURKEY SUB OR WRAP  OR  CALIFORNIA SALAD	CHEESE STEAKBURGER  OR  POPCORN CHICKEN & ROLL  OR  BBQ SANDWICH  OR  BUFFALO CHICKEN WRAP  OR  CHICKEN TENDER SALAD	CHICKEN TENDERS w/ROLL  OR  NACHOS w/CHEESE & MEAT  OR  SOUTHWEST TURKEY WRAP  OR  BUFFALO CHICKEN SALAD	ASSORTED VARIETIES OF PIZZA  OR  CHICKEN PARMESAN w/ NOODLES OR SUB ROLL
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A variety of vegetables and fruit choices offered daily to pair with the entrée

The student can choose up to 4 fruit/vegetable choices or as few as 1 choice

Milk is also included in each breakfast and lunch meal