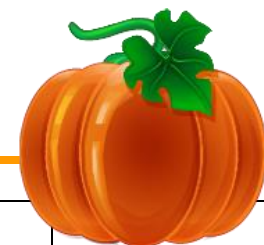


Ashland High School Menu **October 2017**



Monday <i>Chocolate Milk</i>	Tuesday	Wednesday <i>Chocolate Milk</i>	Thursday	Friday <i>Chocolate Milk</i>
2 Breakfast * French Toast & Sausage * Muffins Lunch * General Tso's Chicken on Rice * Calzones ◊	3 Breakfast * Yogurt & Granola◊ * Fruit Frudel◊ Lunch * Pizza ◊ * Orange Chicken on Rice	4 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊ Lunch * Pork Rib Sandwich /Corn * Nachos ◊	5 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊ Lunch * Pizza ◊ * Cheese Pocket w/ Soup du Jour	6 Breakfast * Cinnamon Roll ◊ * Breakfast Sandwich Lunch * Eggrolls & Rice * Cheeseburger & Fries
9 Breakfast * French Toast & Sausage * Breakfast Burrito Lunch * Nachos ◊ * Calzones ◊	10 Breakfast * Yogurt & Granola◊ * Fruit Frudel◊ Lunch * Pizza ◊ * Kung Pao Chicken	11 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊ Lunch * Chicken Burger & Fries * Cheese Pocket w/ Soup du Jour	12 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊ Lunch * Pizza ◊ * Turkey Gravy w/ Mashed Potatoes & Roll	No School
16 Breakfast * French Toast & Sausage * Breakfast Burrito Lunch * Teriyaki Meatballs on Rice * Stuffed Cheese Stix w/Marinara◊	17 Breakfast * Yogurt & Granola◊ * Fruit Frudel◊ Lunch * Salisbury Steak w/Mashed Potatoes & Roll * Pizza ◊	18 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊ Lunch * General Tso's Chicken on Rice * Chicken Burger & Fries	19 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊ Lunch * Try – It * Pizza ◊	20 Breakfast * Cinnamon Roll ◊ * Breakfast Sandwiches Lunch * Cheeseburger & Fries * Turkey Gravy w/Potatoes & Roll
23 Breakfast * French Toast & Sausage * Muffins Lunch * General Tso's Chicken on Rice * Calzones ◊	24 Breakfast * Yogurt & Granola◊ * Fruit Frudel◊ Lunch * Pizza ◊ * Orange Chicken on Rice	25 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊ Lunch * Pork Rib Sandwich /Corn * Nachos ◊	26 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊ Lunch * Pizza ◊ * Cheese Pocket w/ Soup du Jour	27 Breakfast * Cinnamon Roll ◊ * Breakfast Sandwich Lunch * Eggrolls & Rice * Cheeseburger & Fries
30 Conferences	31 Conferences	1 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊ Lunch * Chicken Burger & Fries * Cheese Pocket w/ Soup du Jour	2 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊ Lunch * Pizza ◊ * Turkey Gravy w/ Mashed Potatoes & Roll	3 Breakfast * Cinnamon Roll ◊ * Breakfast Sandwich Lunch * Egg Rolls & Rice ◊ * Rippers ◊

Breakfast
includes Milk and fruit. Cold cereal is offered daily as a third option. \$1.70

Lunch
Includes Bottomless Offering Bar and Milk. Custom made sandwiches and wraps are daily third option \$3.50

Extra white milk may be purchased. \$.50

All you can eat
 fruits and vegetables with every meal purchased



Fresh, local options available, check in and see what's on the tray today!

® =Scratch and Fresh made recipes

◊ = vegetarian or can be made vegetarian