



ROSATI-KAIN HIGH SCHOOL



OCTOBER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
HOMESTYLE FRESH	Chicken Breast, Herb Marinated	Chicken Strips, Hand Breaded		Chicken and Dumplings	Fish, Tacos with Cabbage and Cilantro
EXTRA EXTRA	Green Beans, Seasoned	Garlic Noodles	NO LUNCH	Potatoes, Seasoned Curly Fries	Pasta, Orzo with Parmesan
VEGETARIAN	Nachos, Walking	Vegetables, Cheesy		Pasta, Cheese Tortellini	Bosco Breadstick
DAILY SPECIAL	Chicken, Tyson Strips	Ravioli, Louisa Toasted Beef	FACULTY MEETING	Chicken, Strips of Fire	Fish, Popcorn Shrimp
WRAP IT UP!	Wrap, Chicken Ranch	Wrap, BLT		Wrap, Chicken Caesar	Wrap, California Club
OFF THE GRILL	Burger, Fresh	Sandwich, Grilled Cheese		Chicken Breast, Grilled Seasoned	Sandwich, Turkey & Pepperjack Hoagie
HOT OFF THE PRESS	Panini, BLT on Sourdough	Panini, Chicken Bacon Ranch		Panini, Ham & Pesto	Panini, Chicken, Tomato, and Mozzarella
	8	9	10	11	12
HOMESTYLE FRESH	Chicken, Parmesan Crusted Breast	Chicken, General Tso's		Meatballs, Homemade Beef	Fish, Baked Lemon Pepper Tilapia
EXTRA EXTRA	SPECIALTY BAR, SPUDS - ADD YOUR OWN TOPPINGS	Rice, White	NO LUNCH	Potato Coins	Pasta, Home Style Macaroni & Cheese
VEGETARIAN	Pizza, Flat Bread Cheese	Egg Roll, Vegetable		Pretzel, Bavarian	Sandwich, Grilled Cheese
DAILY SPECIAL	George's Chicken	Crab Rangoon	TEST DAY	Ravioli, Louisa Breaded 4-Cheese	Onion Rings, Battered
WRAP IT UP!	Wrap, Buffalo Chicken Ranch	Wrap, CBLT Chicken Bacon Lettuce Tomato (Chicken Patty)		Wrap, Grilled Chicken	Wrap, Veggie Lover's
OFF THE GRILL	Chicken Breast, Fresh Grilled Spicy	Chicken Breast, Fresh Grilled Cheddar & Bacon		Chicken Breast, Grilled Seasoned	Sandwich, Grilled Cheese on Texas Toast
HOT OFF THE PRESS	Panini, BLT on Sourdough	Panini, Grilled Chicken Supreme		Panini, Chicken Bacon Ranch	Panini, Philly Roast Beef on Garlic Toast
	15	16	17	18	19
HOMESTYLE FRESH	Mostaccioli, Homemade	Chicken Breast, Fresh Grilled Cheddar & Bacon	Chicken Bites, Hand Breaded	Chicken, Thigh on Skewer	
EXTRA EXTRA	Green Beans, Seasoned	Potatoes, Sophie	Potatoes, Oven Roasted Rosemary	Stir Fry Vegetables	NO LUNCH
VEGETARIAN	Bread, Garlic Cheese	Pasta, Cheese Tortellini	Vegetables, Cheesy	Pasta, Linguini with Marinara	
DAILY SPECIAL	Chicken, Buffalo Popcorn	Corn Dogs, Mini Turkey	PIZZA, PAPA JOHNS	Chicken, Popcorn	OCTOBER DAY
WRAP IT UP!	Wrap, BLT	Wrap, Chicken Caesar	Wrap, Grilled Chicken Spinach	Wrap, Chicken Ranch	
OFF THE GRILL	Chicken Breast, Fresh Grilled Cheddar & Bacon	Chicken Breast, Fresh Grilled Herb	Sandwich, Grilled Cheese	Sandwich, Turkey & Pepperjack Hoagie	
HOT OFF THE PRESS	Panini, Grilled Chicken Supreme	Panini, Chicken Bacon Ranch	Panini, Philly Roast Beef on Garlic Toast	Panini, BLT on Sourdough	
	22	23	24	25	26
HOMESTYLE FRESH	Chicken Cordon Bleu	Taco, Soft	Turkey Burger, Homemade	Meatloaf, Home Style	Fish, Tacos with Cabbage and Cilantro
EXTRA EXTRA	Potatoes, Homemade Au Gratin	Corn, Fiesta	Vegetables, California Medley	Potatoes, Homemade Mashed	Potatoes, Seasoned Parsley
VEGETARIAN	Ravioli, Louisa Breaded 4-Cheese	Nachos, Walking	Pasta, Primavera	Vegetables, Cheesy	Pasta Con Broccoli
DAILY SPECIAL	Tacos, Mini	Crispito, Chili Chicken	CHICKEN, CHICK-FIL-A	Chicken, Tyson Strips	Cheese Sticks, Mozzarella
WRAP IT UP!	Wrap, California Club	Wrap, Grilled Chicken	Wrap, Chicken Ranch	Wrap, Chicken Caesar	Wrap, Grilled Chicken Spinach
OFF THE GRILL	Quesadilla, Cheese & Bacon	Quesadillas, Cheese	Chicken Breast, Fresh Grilled Spicy	Burger, Fresh	Chicken Breast, Fresh Grilled Dijon
HOT OFF THE PRESS	Panini, Grilled Chicken Supreme	Panini, BLT on Sourdough	Panini, Chicken Bacon Ranch	Panini, Chicken, Tomato, and Mozzarella	Panini, Philly Roast Beef on Garlic Toast
	29	30	31		
HOMESTYLE FRESH	Chicken, Sweet & Sour	Chicken Drumsticks, Home Style	Chicken Alfredo		
EXTRA EXTRA	Rice, White	Potatoes, Homemade Cheddar Mashed	Vegetable Medley		
VEGETARIAN	Egg Roll, Vegetable	Green Beans, Seasoned	Bread, Garlic Cheese		
DAILY SPECIAL	Crab Rangoon	Pizza, Tony's Cheese	Sandwich, Chicken Sliders		
WRAP IT UP!	Wrap, BLT	Wrap, California Club	Wrap, CBLT Chicken Bacon Lettuce Tomato (Chicken Patty)		
OFF THE GRILL	Chicken Breast, Fresh Grilled Spicy	Chicken Breast, Grilled Seasoned	Chicken Breast, Fresh Grilled Dijon		
HOT OFF THE PRESS	Panini, Chicken Bacon Ranch	Panini, Grilled Chicken Supreme	Panini, Ham & Pesto		
DAILY GRAB-N-GO	Salad Bar	Gourmet Salads	Bagels & Cream Cheese	Fresh Vegetables	Assorted Snacks
	Specialty Salad	Cold Sandwiches	Bosco Stick	Assorted Dips	Assorted Beverages
			Yogurt Bar	Fresh Fruit/Seasonal	



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