

OCTOBER | 2021

MIAMI EAST HIGH SCHOOL LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27	28	29	30	1 Mini Corn Dogs (20) Baked Beans (29) Cole Slaw (14) Fruit Slushie (22) Applesauce (13) Milk
4 Pepperoni Cheesy Bread (27) Cheesy Bread (28) Marinara (8) Broccoli (4) Corn (21) Applesauce (13) Grape Juice (19) Milk	5 Boneless Wings (10) W/Pretzel Stick (28) Mashed potatoes (20) Pineapple (19) Mandarin Oranges (20) Milk	6 Pizza Hut Pepperoni (29) Cheese (29) Sausage (28) Veggie (30) Green Beans (4) Grapes (22) Apple Slices (7) Milk	7 Walking Taco W/L&C (35) Soft Taco W/L&C (25) Corn (21) Refried Beans (23) Peaches (19) Mixed Fruit (15) Milk	8 Hamburger Sandwich (26) Cheeseburger Sandwich (26.5) Spiral Fries (15) Sweet Potato Fries (21) Fruit Slushie (22) Pears (21) Milk
11 Philly Steak & Cheese Sand. (23) Peppers & Onions (7) Pepperoni Pizza (33) Roasted Potatoes (14) Sweet Potato Fries (21) Pineapple (19) Applesauce (13) Milk	12 Tangy Chicken (25) W/Rice (43) & Cookie (16) Broccoli (4) Mandarin Oranges (20) Apple Juice (14) Milk	13 French Bread Pizza Pepperoni (35) Cheese (33) Green Beans (4) Apple Slices (7) Peaches (19) Milk	14 Sausage, Egg & Cheese (1) On Bun (26) Hash Browns (26) Orange Juice (13) Mixed Fruit (15) Milk	15 Chicken Quesadilla (38) Cheese Quesadilla (40) Corn (21) Refried Beans (23) Mandarin Oranges (20) Pears (21) Milk
18 NO SCHOOL	19 Chicken Strips (16) Roll (19) Chicken Wrap W/L & C (25) Corn (21) Pineapple (19) Mandarin Oranges (20) Milk	20 Pizza Hut Pepperoni (29) Cheese (29) Sausage (28) Veggie (30) Green Beans (4) Grapes (22) Apple Slices (7) Milk	21 Grilled Chicken Bacon Melt (3) On Pretzel Bun (29) Waffle Fries (14) Sweet Potato Fries (21) Mixed Fruit (15) Pears (21) Milk	22 Pulled Pork (17) Bun (26) Fish (14) Bun (26) Cheese Slice (5) Baked Beans (29) Cole Slaw (14) Grape Juice (19) Applesauce (13) Milk
25 Beef Hot Shot O/Bread W/Cheeze Its (14) Mashed Potatoes (20) Stuffed Crust Pizza (32) Peaches (19) Mixed Fruit (15) Milk	26 Chicken Fajita W/L&C (33) Corn (21) Refried Beans (23) Pineapple (19) Apple Juice (4) Milk	27 Bosco Sticks (34) Marinara (8) Green Beans (4) Mandarin Oranges (20) Apple Slices (7) Milk	28 Hot Dog (1) Bun (28) Coney Dog W/Cheese (7.5) Bun (28) Spiral Fries (15) Sweet Potato Fries (21) Grape Juice (15) Applesauce (13) Milk	29 Pork Tenderloin (15) Bun (26) Stuffed Crust Pizza (32) Broccoli (4) Corn (21) Pears (21) Fruit Slushie (22) Milk

Student Lunches

- *Choose 1 Main Entrée
- *Choose at Least 1 Vegetable or Fruit (May Choose up to 2 Each)
- *Milk 1% White or Fat Free Chocolate
- *Carb Counts I ()

Lunches Available Daily

Chef Salad W/Popcorn Chicken & Breadstick (31), Dressing Choices, Fruit Choices, Milk

Turkey Bacon Sub W/Lettuce & Cheese (33), Vegetable & Fruit Choices, Milk

Vanilla Yogurt Parfait W/Fruit & Granola (96), Fruit & Vegetable Choices, Milk

Vegetable Choices Available Daily

W/Lunches

- *Variety of Fresh Veggies W/Ranch (1)
- Carrots (7), Grape Tomatoes (7), Celery (2), Cucumbers (2)

- *Side Salad W/Ranch Dressing (1)

Dips/Other

- BBQ (9), Buffalo Ranch (3), Honey Mustard (6), Ranch (1), Sweet & Sour (11), Ketchup (3), Mustard (0), Mayo (2), Salsa (3), Taco Sauce (1), Sour Cream (2), Butter Pats (0), Pickle Slices (0)

Fruits

- Fresh, Canned or 100% Fruit Juices

Menu is Subject to Change

This Institution is an Equal Opportunity Provider