LUNCH

SSaS

OCTOBER 2023
NASHUA SOUTH HIGH SCHOOL

Assorted Salads, Sandwiches and Pizza Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breaded Mozzarella Cheese Sticks with Marinara Dipping Sauce, Smartfood Popcorn, Carrots, Applesauce, Milk	**3** Crispy Chicken Tenders with Assorted Dipping Sauces, French Fries, Green Beans, Strawberry Cup, Milk	**4** Chicken Patty on a w/g Bun, French Fries, Roasted Broccoli, Sliced Apples, Milk	**5** <u>Fajita Chicken Bowl-</u> Rice, Corn, Beans, Peppers/Onions, Shredded Cheese, Salsa, Sour Cream, Pickled Jalapeno, Pineapple, Milk	**6** Pasta with Meatballs, Shredded Mozzarella Cheese, Texas Toast Asparagus, Orange Slices, Milk
9	**10** <u>Fajita Chicken Nachos</u> Cheese Sauce, Refried Beans, Salsa, Sour Cream, Pickled Jalapeno's, Peppers/Onions, Corn, Peaches, Milk	**11** Hamburger, Cheeseburger or Veggie Burger, Onion Rings, Roasted Broccoli, Peaches, Milk	**12** McRib Mac N' Cheese, Texas Toast, Glazed Carrots, Pears, Pudding with Whipped Topping, Milk	**13** <u>Breakfast for Lunch-</u> French Toast Sticks, Sausage Patty, Sweet Potato Fries, Applesauce, Milk
16 Pizza Crunchers, Marinara Dipping Sauce, Smartfood Popcorn, Carrots, Strawberry Cup, Milk	**17** Breaded Chicken Drumsticks, Onion Rings, Broccoli, Applesauce Cup, Milk	**18** **EARLY RELEASE** Grab N' Go Lunch Pizza and Sandwiches	**19** <u>Chili Bowl-</u> Cornbread Muffin, Salsa, Shredded Cheese, Sour Cream, Pickled Jalapeno, Corn, Pineapple, Milk	**20** Orange Chicken with Vegetable Lo Mein, Pineapple, Fortune Cookie, Milk
23 Cheese-Filled Twisted Breadsticks with Marinara Dipping Sauce, Smartfood Popcorn, Mixed Vegetables, Applesauce, Milk	**24** <u>Panther Bowl-</u> Popcorn Chicken w/ Gravy, Mashed Potatoes, Corn, Breadstick, Cookie, Strawberry Cup, Milk	**25** Chicken Patty on a w/g Bun, French Fries, Roasted Broccoli, Sliced Apples, Milk	**26** McRib Mac N' Cheese, Texas Toast, Baked Beans, Asparagus, Pears, Pudding with Whipped Topping, Milk	**27** Chicken & Waffles, Hash Brown Patty, Glazed Carrots, Peaches, Milk
30 Breaded Mozzarella Cheese Sticks with Marinara Dipping Sauce, Smartfood Popcorn, Carrots, Applesauce, Milk	**31** Crispy Chicken Tenders with Assorted Dipping Sauces, French Fries, Green Beans, Strawberry Cup, Milk			

Menu is Subject to Change