

**Melba School District**  
**Melba Lunch 9-12 grades**  
**003 - MELBA HIGH SCHOOL**  
**OCTOBER 2022**  
**MID/HIGH**  
**2022**

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 NACHOS or MANDARIN CKN BROWN RICE BROCCOLI EGG ROLLS FRUIT MILK	Oct - 4 PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK	Oct - 5 FINGER STKS MASHED POTATOES GREEN BEANS CHICKEN GRAVY FRUIT FRESHLY BAKED BR MILK	Oct - 6 SALAD BAR or SLOPPY JOES FRENCH FRIES CARROT STICKS FRUIT MILK	Oct - 7
Oct - 10 NACHOS or RIB-A-QUE/CHEESE CELERY STICKS TATER TOTS FRUIT MILK	Oct - 11 PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK	Oct - 12 BONELESS WINGS MASHED POTATOES FRUIT CHICKEN GRAVY GREEN BEANS FRESHLY BAKED BR MILK	Oct - 13 SALAD BAR or TURKEY, HAM, BEEF COMBINATION SUB. CARROT STICKS POTATO CHIPS FRUIT MILK	Oct - 14
Oct - 17 NACHOS or CHEESEBURGER TATER TOTS FRUIT MILK CARROT STICKS	Oct - 18 PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK	Oct - 19 CHICKEN SANDWICH POTATO CHIPS BROCCOLI, raw FRUIT MILK	Oct - 20 SALAD BAR or SPAGHETTI AND ME SALAD, GREEN CHEESE STICKS FRUIT MILK	Oct - 21
Oct - 24 NACHOS or Mini Corn Dogs MACARONI & CHEESE CARROT STICKS FRUIT MILK	Oct - 25 PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK	Oct - 26 CHICKEN NUGGETS MASHED POTATOES CHICKEN GRAVY GREEN BEANS FRUIT FRESHLY BAKED BR MILK	Oct - 27 SALAD BAR or TURKEY, HAM, BEEF COMBINATION SUB. BROCCOLI, raw POTATO CHIPS FRUIT MILK	Oct - 28
Oct - 31 NACHOS or MANDARIN CKN BROWN RICE BROCCOLI EGG ROLLS FRUIT MILK				

This institution is an equal opportunity provider

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**