

Melba School District
003 - MELBA HIGH SCHOOL
October 2024
Lunch Menu
MID/HIGH

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|----------|
| | Oct - 1 PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK | Oct - 2 FINGER STKS MASHED POTATOES GREEN BEANS CHICKEN GRAVY FRUIT FRESHLY BAKED BR MILK | Oct - 3 SALAD BAR or SLOPPY JOES FRENCH FRIES CARROT STICKS FRUIT MILK | Oct - 4 |
| Oct - 7 NACHOS or RIB-A-QUE/CHEESE BROCCOLI, raw TATER TOTS FRUIT MILK | Oct - 8 PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK | Oct - 9 CHICKEN CHUNKS MASHED POTATOES CHICKEN GRAVY GREEN BEANS FRUIT FRESHLY BAKED BR MILK | Oct - 10 SALAD BAR or TURKEY, HAM, BEEF COMBINATION SUB. CARROT STICKS POTATO CHIPS FRUIT MILK | Oct - 11 |
| Oct - 14 NACHOS or CHEESEBURGER CARROT STICKS TATER TOTS FRUIT MILK | Oct - 15 PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK | Oct - 16 CHICKEN SANDWICH POTATO CHIPS BROCCOLI, raw FRUIT MILK | Oct - 17 SALAD BAR or SPAGHETTI AND ME SALAD, GREEN FRESHLY BAKED BR FRUIT MILK | Oct - 18 |
| Oct - 21 NACHOS or Mini Corn Dogs MACARONI & CHEESE BROCCOLI, raw FRUIT MILK | Oct - 22 PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK | Oct - 23 POPCORN CHICKEN MASHED POTATOES CHICKEN GRAVY GREEN BEANS FRUIT FRESHLY BAKED BR MILK | Oct - 24 SALAD BAR or TURKEY, HAM, BEEF COMBINATION SUB. CARROT STICKS POTATO CHIPS FRUIT MILK | Oct - 25 |
| Oct - 28 NACHOS or MANDARIN CKN BROWN RICE BROCCOLI EGG ROLLS FRUIT MILK | Oct - 29 PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK | Oct - 30 FINGER STKS MASHED POTATOES GREEN BEANS CHICKEN GRAVY FRUIT FRESHLY BAKED BR MILK | Oct - 31 SALAD BAR or SLOPPY JOES FRENCH FRIES CARROT STICKS FRUIT MILK | |

**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.