



# OCTOBER 2020

## Mt Ararat High School

All Breakfast & Lunches are free until December 31, 2020  
Menu Subject to change without notice

This Institution is an Equal Opportunity Employer

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**5**

Spaghetti & Meatballs  
WG Breadstick  
Side Salad  
OR  
Chef Salads, WG Breadstick

**6**

Shepherd's Pie, Cornbread, Fruit Cup  
OR  
Burger, Baked Fries, Fresh Grapes

**7**

Spaghetti & Meatballs  
WG Breadstick  
Side Salad  
OR  
Chef Salads, WG Breadstick

**1**

French Toast Sticks  
Sausage, Hash Brown  
Applesauce Cup  
OR  
Bosco Sticks, Marinara Sauce  
Applesauce Cup

**2**

Chicken Fajitas  
Sour Cream, Salsa, & Grapes  
OR  
Meatloaf, Glazed Carrots, Roasted Potato, Fruit

**12**

Holiday  
No School

**13**

Veggie Nachos  
Home made salsa & Sour Cream  
OR  
Quesadilla Pizza  
Fresh Fruit & Carrot Sticks

**14**

Meatball Subs, Fun Chips, Apple  
OR  
American Chop Suey, GW Breadstick  
Mandarin Oranges

**8**

Shepherd's Pie, Cornbread, Fruit Cup  
OR  
Burger, Baked Fries, Fresh Grapes

**9**

Professional Development Day  
No School

**15**

Veggie Nachos  
Home made salsa & Sour Cream  
OR  
Quesadilla Pizza  
Fresh Fruit & Carrot Sticks

**16**

Meatball Subs, Fun Chips, Apple  
OR  
American Chop Suey, GW Breadstick  
Mandarin Oranges

**19**

Assorted Pizza Slices  
Fun Chips  
Fruit Cup  
OR  
Burgers, Baked Fries, Fruit Cup

**20**

French Toast Sticks  
Sausage, Hash Brown  
Applesauce Cup  
OR  
Bosco Sticks, Marinara Sauce  
Applesauce Cup

**21**

Meal Pick up Day

**22**

Assorted Pizza Slices  
Fun Chips  
Fruit Cup  
OR  
Burgers, Baked Fries, Fruit Cup

**23**

French Toast Sticks  
Sausage, Hash Brown  
Applesauce Cup  
OR  
Bosco Sticks, Marinara Sauce  
Applesauce Cup

**26**

Hot Dog Platter  
Chips  
Carrots & Celery w/Dip  
OR  
Broccoli Alfredo, WG Roll

**27**

Home made Chili  
Corn Bread & Applesauce  
OR  
Chicken Tenders, Mashed Potato, Corn  
Applesauce & BooBerry Cake

**28**

Meal Pick up day

**29**

Hot Dog Platter  
Chips  
Carrots & Celery w/Dip  
OR  
Broccoli Alfredo, WG Roll

**30**

Home made Chili  
Corn Bread & Applesauce  
OR  
Chicken Tenders, Mashed Potato, Corn  
Applesauce & BooBerry Cake

Breakfast and Lunch is free for all students until December 31<sup>st</sup>, or funding runs out. Please let the foodservice director know if you have any questions regarding meal pickup or Delivery.

Please return your free & reduced lunch forms to the office at your child's school.

