

Struthers High School Lunch Menu

Food Service Director: Dru Clyde
Dru.Clyde@strutherscityschools.org
330-750-1062 x 41328

OCTOBER

Wildcats

What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable

Check the Menu Board Daily for special menu items and Tasty New Treats

Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose two 1/2 cup serving

MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

Fat Free Chocolate, Fat Free White, and Low Fat White

Paid \$2.75
Reduced \$.40
Adult \$3.50

This institution is an equal opportunity provider

Whole Grains Available Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Maxi Stix Green Beans Choice of Fruit Choice of Milk	2 Corn Dog Baked Beans Doritos Choice of Fruit Choice of Milk	3 Hamburger Sweet Potato Fries Choice of Fruit Choice of Milk	4 Popcorn Chicken Mashed Potato Choice of Fruit Choice of Milk	5 Papa Johns Romaine Salad Choice of Fruit Choice of Milk Fresh Baked Cookie
8	Mexican Pizza Glazed Carrots Broccoli Choice of Fruit Choice of Milk	9 Walking Taco Corn Refried Beans & Salsa Choice of Fruit Choice of Milk	10 BBQ Rib Sandwich Baked Beans Chexs Mix Choice of Fruit Choice of Milk	11 Cocca's Pizza Romaine Salad Choice of Fruit Choice of Milk Fresh Baked Cookie	12 NO SCHOOL
15	Breakfast for Lunch Pancakes Tri Potato Sausage Links Choice of Fruit Choice of Milk	16 Bacon Cheeseburger Baked Beans Choice of Fruit Choice of Milk	17 Chicken Parm Sandwich Seasoned Carrot Coins Seasoned Corn Choice of Fruit Choice of Milk	18 Rotini With Meatballs Garlic Bread Stick Green Beans Choice of Fruit Choice of Milk	19 Papa Johns Romaine Salad Choice of Fruit Choice of Milk Fresh Baked Cookie
22	Chicken Quesadilla Or Buffalo Chicken Dip Fiesta Corn Choice of Fruit Choice of Milk	23 Beefy Nachos Refried Beans Cheese & Salsa Choice of Fruit Choice of milk	24 Popcorn Chicken Dinner Roll Mashed Potato Choice of Fruit Choice of Milk	25 Homemade Italian Dunkers Italian Green Beans Choice of Fruit Choice of Milk	26 Cocca's Pizza Romaine Salad Choice of Fruit Choice of Milk Fresh Baked Cookie
29	Cheeseburger Sliders Green Beans Choice of Fruit Choice of Milk	30 Toasted Cheese Sand Tomato Soup Carrot and Celery Goldfish Cracker Choice of Fruit Choice of Milk	31 Spicy or Regular Chicken Patty Tri Potato Choice of Fruit Choice of Milk		
	Monday Alternate Corndog	Tuesday Alternate Bosco Cheese Sticks	Wednesday Alternate Cheeseburger Slider	Thursday Alternate Mexican Pizza	Friday Alternate Wraps & Salads