

October 2024

COMANCHE HIGH SCHOOL



Monday



Tuesday

Wednesday

Thursday

Friday

BREAKFAST

MONDAY:
SAUSAGE, EGG & CHEESE
CROISSANT

TUESDAY:
BREAKFAST PIZZA
OATMEAL

WEDNESDAY:
SAUSAGE
BISCUIT
EGG
GRAVY
JELLY

THURSDAY:
FRENCH TOAST
BACON
SYRUP

FRIDAY:
PANCAKE WRAP
YOGURT
SYRUP

EVERYDAY:
CEREAL
JUICE
MILK
CHEESE STICK
FRUIT

**THIS PROVIDER IS AN
EQUAL OPPORTUNITY
PROVIDER.**

7
RANCHERO WRAP
OR
POPCORN CHICKEN
ROLL
CORN
BROCCOLI SALAD
FRUIT
COOKIE & MILK

1
CHICKEN SANDWICH
CHIPS
OR
SPAGHETTI BOWL
BREADSTICKS
FRESH VEGGIE CUP
SALAD
FRUITY GELATIN & MILK

2
NACHOS GRANDE
OR
QUESADILLA
SALSA
REFRIED BEANS
CUCUMBERS
FRUIT
ICE CREAM CUP & MILK

3
TANGERINE CHICKEN
BROWN RICE / EGG ROLL
OR
BREADED PORK CHOP
GRAVY / ROLL
CHEESY BROCCOLI
CORN
FRUIT & MILK

4
PEPPERONI PIZZA
OR
CHEESEBURGER MACARONI
ROLL
BABY CARROTS
GREEN BEANS
FRUIT
COOKIE & MILK

8
BBQ ON BUN
OR
HOT DOG
TATER TOTS
TOMATO CUP
SNOWBALL SALAD
MILK

9
CHICKEN ALFREDO
BREADSTICK
OR
MEATBALL SUB SANDWICH
SALAD
GREEN BEANS
FRUIT
MILK

10
TEX-MEX STACK
OR
CHICKEN FAJITAS
SPANISH RICE
REFRIED BEANS
BABY CARROTS/ SALSA
FRUIT
SHERBET CUP & MILK

11
STEAK
GRAVY
OR
FISH STICKS
MASHED POTATOES
OKRA
ROLL
FRUIT & MILK

14
CHICKEN ENCHILADAS
OR
QUESADILLA
TORTILLA CHIPS
REFRIED BEANS
CORN / SALSA
FRUIT
PUDDING & MILK

15
PHILLY CHEESESTEAK
SANDWICH
OR
X-TREME BURRITO
W/ QUESO
CORN / CUCUMBERS
FRUIT
PB RICE KRISPIE & MILK

16
TUNA SANDWICH
TATER TOTS
OR
CHICKEN -N- WAFFLE
HASHBROWN
FRESH VEGGIE CUP
FRUIT
MILK

17
CHEESEBURGER / CHIPS
HAMBURGER GARNISH
OR
CHEESY BREADSTICKS
MARINARA SAUCE
TOMATO CUP / SALAD
FRUIT
MILK

18
CHICKEN NUGGETS
MAC & CHEESE
OR
ASIAN STIR-FRY
FLATBREAD
BABY CARROTS
SQUASH
FRUIT & MILK

21
BREADED DRUMSTICK
OR
CHICKEN SPAGHETTI
BREADSTICKS
SALAD
SWEET POTATO FRIES
FRUIT
MILK

22
TACO STICK
SALSA
OR
CHEESY BREADSTICKS
MARINARA SAUCE
SALAD
FRUIT
MILK

23
WALKING TACO
OR
TURKEY & CHEESE SANDWICH
BAKED BEANS
FRESH VEGGIE CUP
FRUIT
COOKIE
MILK

24
CHEESE PIZZA
OR
BONELESS CHICKEN WINGS
SUN CHIPS
CELERY STICKS
BABY CARROTS
FRUIT
SHERBET CUP & MILK

25
CHICKEN PARMESAN
OR
STEAK FINGERS
GRAVY / ROLL
GREEN BEANS
CORN
FRUIT
MILK

28
**STAFF
DEVELOPMENT
DAY**

29
CORN DOG
OR
CHEESEBURGER
HAMBURGER GARNISH
OVEN FRIES
TOMATO CUP
FRUIT
MILK

30
NACHOS GRANDE
OR
QUESADILLA
SALSA
REFRIED BEANS
CUCUMBERS
FRUIT
ICE CREAM CUP & MILK

31
CHICKEN SANDWICH
CHIPS
OR
SPAGHETTI BOWL
BREADSTICKS
FRESH VEGGIE CUP
SALAD
FRUITY GELATIN & MILK

Did you know?

National Fire Prevention
Week falls during the week
of October 9th each year. It
commemorates the Great
Chicago Fire of 1871.