



# North Tonawanda High School Lunch

October 2021

27

Orange Chicken  
Turkey and Cheese Wrap  
Egg Chef Salad w/  
Cracker

Rice, Broccoli  
Diced Pears Fresh Apple

28

Chicken and Cheese  
Quesadilla  
Ham and Cheese  
Sandwich  
Chicken Nacho Salad w/  
Chips

Corn, Carrots  
Mixed Fruit, Apple Juice

29

Chicken Nuggets w/ Roll  
Bologna and Cheese  
Sandwich  
Cobb Salad w/ Goldfish

Green Beans, Tomatoes  
Applesauce, Fresh Pear

30

Bacon Cheeseburger  
Egg Salad Sandwich  
Popcorn Chicken Salad w/  
Roll

Tater Tots, Celery  
Strawberry Cup, Fruit  
Juice

1

Ranch Chicken Flatbread  
Tuna Sandwich  
Fruit and Yogurt Salad w/  
Roll

Veggie Beans,  
Cucumbers  
Diced Peaches, Fresh  
Orange

4

Soft Shell Chicken Tacos  
Turkey and Cheese  
Sandwich  
Egg Chef Salad w/  
Cracker

Rice, Baby Carrots  
Fresh Apple, Diced Pears

5

Hot Dog  
Ham and Cheese  
Sandwich  
Chicken Nacho Salad w/  
Chips

French Fries, Corn  
Diced Pears, Apple Juice

6

Sausage, Egg and Cheese  
Bagel Sandwich  
Bologna and Cheese  
Sandwich  
Cobb Salad w/ Goldfish

Corn, Broccoli  
Fresh Orange, Diced  
Pears

7

Baked Chicken w/ Roll  
Egg Salad Sandwich  
Popcorn Chicken Salad w/  
Roll

Broccoli, Carrots  
Mixed Fruit, Orange Juice

8

French Toast Sticks w/  
Sausage  
Turkey and Cheese  
Sandwich  
Fruit and Yogurt Salad w/  
Roll

Tater Tots, Cucumbers  
Mixed Fruit, Orange

11



12

Chicken Nuggets w/ Roll  
Ham and Cheese  
Sandwich  
Beef Nacho Salad w/  
Chips

Broccoli, Tomatoes  
Mixed Fruit, Apple Juice

13

Cheese Pizza Sticks  
Bologna and Cheese  
Sandwich  
Cobb Salad w/ Roll

Baby Carrots, Celery  
Diced Pears, Fresh Apple

14

Beef Nachos  
Egg Salad Sandwich  
Popcorn Chicken Salad w/  
Roll

Veggie Beans, Cucumbers  
Mixed Fruit, Orange Juice

15

BBQ Chicken Flatbread  
Tuna Sandwich  
Fruit and Yogurt Salad w/  
Goldfish

French Fries, Corn  
Applesauce, Fresh Apple

18

French Toast Sticks w/  
Sausage  
Turkey and Cheese Wrap  
Egg Chef Salad w/  
Cracker

Tater Tots, Cucumbers  
Mixed Fruit, Orange Juice

19

Popcorn Chicken w/ Roll  
Ham and Cheese  
Sandwich  
Chicken Nacho Salad w/  
Chips

BBQ Beans, Baby Carrots  
Fresh Pear, Mixed Fruit

20

Spaghetti w/ Meatsauce  
Bologna and Cheese  
Sandwich  
Cobb Salad w/ Goldfish

Green Beans, Tomatoes  
Applesauce, Fresh Apple

21

Cheeseburger  
Egg Salad Sandwich  
Popcorn Chicken Salad  
w/ Roll

Broccoli, Green Pepper  
Strips  
Mixed Fruit, Apple Juice

22

Corndog  
Tuna Sandwich  
Fruit and Yogurt Salad w/  
Roll

French Fries, Corn,  
Mixed Fruit, Fresh Apple

25

Grilled Cheese w/ Tomato  
Soup  
Turkey and Cheese Wrap  
Egg Chef Salad w/ Cracker

Green Beans, Tomatoes  
Applesauce, Fresh Apple

26

BBQ Chicken Sandwich  
Ham and Cheese Sandwich  
Chicken Nacho Salad w/  
Chips

Tater Tots, Baby Carrots  
Mixed Fruit, Apple Juice

27

Turkey and Gravy over  
Mashed Potatoes  
Bologna and Cheese  
Sandwich  
Cobb Salad w/ Goldfish

Mashed Potatoes, Corn  
Diced Peaches, Fresh  
Pear

28

Baked Chicken w/ Roll  
Egg Salad Sandwich  
Popcorn Chicken Salad w/  
Roll

Broccoli, Carrots  
Mixed Fruit, Orange Juice

29

Cheeseburger  
Tuna Sandwich  
Fruit and Yogurt Salad w/  
Roll

Veggie Beans, Cucumber  
Diced Pears, Fresh  
Orange

## Offered Daily:

Peanut Butter and Jelly w/ Cheese stick  
Spicy or Plain Chicken Patty  
Cheese Pizza  
Paninis

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.