



# UNITED TOWNSHIP HIGH SCHOOL BREAKFAST

**October  
2017**

*Milk choice includes: Choice of non-fat (flavored or unflavored) or 1% milk (unflavored)*  
*Alternate Items Available Daily: Hot/Cold Cereal, Yogurt, Bagel, Breakfast Sandwich, Fruit Choice or Fruit Juice Choice.*  
*\*Menu subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Fall Intersession	<b>3</b> Fall Intersession	<b>4</b> Fall Intersession	<b>5</b> Fall Intersession	<b>6</b> Fall Intersession
<b>9</b> Fall Intersession	<b>10</b> Fall Intersession	<b>11</b> Fall Intersession	<b>12</b> Fall Intersession	<b>13</b> Fall Intersession
<b>16</b> Fresh Baked Cinnamon Roll Fresh Apple	<b>17</b> Scrambled Eggs Assorted Muffin Pears Orange Juice	<b>18</b> Glazed Donut Assorted Juice Raisin	<b>19</b> Vegetable Quiche Toast/ Jelly Peaches Applesauce	<b>20</b> French Toast/Syrup Sausage links Fresh Pear
<b>23</b> Breakfast Burritos Fresh Orange	<b>24</b> Pancakes/ Syrup Sausage Patty Fresh Banana	<b>25</b> Breakfast Pizza Applesauce Orange Juice	<b>26</b> Egg Sausage and Cheese Biscuit Fresh Apple	<b>27</b> Scrambled Egg Toast/ Jelly Peaches Fruit Cocktail
<b>30</b> Pancake/ Syrup Sausage Link Pears Applesauce	<b>31</b> Biscuit and Gravy Peaches Orange Juice			



# UNITED TOWNSHIP HIGH SCHOOL LUNCH

## October 2017

**Daily Lunch Choices:** A variety of premade Salad, Hoagie Lunch, Soft Pretzel Lunch  
**Lunch Specials:**  
**\*MENU SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thurs	Friday
2 Fall Intersession	3 Fall Intersession	4 Fall Intersession	5 Fall Intersession	6 Fall Intersession
9 Fall Intersession Applesauce	10 Fall Intersession	11 Fall Intersession	12 Fall Intersession	13 Fall Intersession
<u>16</u> BBQ Beef Rib Patty on a Whole Grain Bun Spicy Chicken Sandwich on a Whole Grain Bun <b>Baby Whole Carrots/ Dip</b> Oven Baked French Fry Broccoli Pears Peaches	<u>17</u> Sweet and Sour Chicken Fried Rice Turkey and Swiss on Whole Grain Croissant Mixed Green Salad Green Beans Fresh Apple	<u>18</u> Salisbury Steak With Whole Grain Dinner Roll Country Fried Steak With Whole Grain Dinner Roll Mashed Potato and Gravy <b>Carrots</b> Pears Fruit Cocktail <b>Cookie</b>	<u>19</u> Pork Tenderloin On A Whole Grain Bun Beef and Bean Burritos Walking Taco's Corn Refried Beans Spanish Rice Fresh Banana	<u>20</u> Mac and Cheese With Whole Grain Dinner Roll Turkey Al King Served Over A Biscuit <b>Carrots</b> Mixed Green Salad Mandarin Oranges Raisin
<u>23</u> Pasta Bar with Whole Grain Garlic Roll Hot Ham and Cheese On A Whole Grain Bun <b>Oven Baked Sweet Potato Fries</b> Applesauce Fruit Cocktail	<u>24</u> Chicken Nuggets With Whole Grain Dinner Roll Philly Steak Sandwich On A Whole Grain Bun Mixed Green Salad <b>Baby Whole carrot/ Dip</b> Oven Baked French Fries Fresh Apple	<u>25</u> Ham and Scalloped Potato With Whole Grain Roll Italian Chicken Breast On A Whole Grain Bun Mixed Green Salad Mixed Vegetables Green Beans Fresh Oranges	<u>26</u> Chicken Enchiladas Refried Beans Spanish Rice Cheese Ravioli With Whole Grain Garlic Toast Mixed Green Salad Corn Peaches Pears	<u>27</u> Cheeseburger on Whole Grain Bun Chicken Strips with Whole Grain Dinner Roll Oven Baked French Fries <b>Carrots</b> Mandarin Oranges Fruit Cocktail.
<u>30</u> Cowboy Cavatina With Whole Grain Garlic Bread Open Face Turkey Sandwich Mashed Potato and Gravy Peas <b>Carrots</b> Mixed Green Salad Fresh Apple	<u>31</u> Chicken Parmesan Served With Whole Grain Noodle Chili with Grilled Cheese Sandwich Green Beans Mixed Green Salad Applesauce Pears <b>Cookie</b>			



## UTEC/BREAKFAST MENU

**October  
2017**

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Choice of non-fat (flavored or unflavored) or 1% milk (unflavored)  
\*Menu subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  Fall Intersession	3  Fall Intersession	4  Fall Intersession	5  Fall Intersession	6  Fall Intersession
<b>9</b>  Fall Intersession	10  Fall Intersession	11  Fall Intersession	12  Fall Intersession	13  Fall Intersession
<b>16</b>  Whole Grain Cereal with Gram Cracker Applesauce Raisin	17  Fruit Yogurt Grahams Cracker Pears Orange Juice	18  <b>Glazed Donut            Fresh Apple</b>	19  Apple Muffin Peaches Applesauce	20  Chocolate Mint Donut Fresh Pear
<b>23</b>  Banana Bread Fresh Orange	<b>24</b>  Assorted Pop Tarts Fresh Banana	<b>25</b>  <b>Breakfast Pizza            Applesauce            Orange Juice</b>	<b>26</b>  Bagel Cream Cheese Fresh Apple	<b>27</b>  Whole Grain Cereal Graham Cracker Fruit Cocktail Peaches
<b>30</b>  Whole Grain Honey Bun Fresh Apple	<b>31</b>  <b>Biscuit and Gravy            Peaches            Orange Juice</b>			



## UTEC/PHOENIX LUNCH MENU

**October  
2017**

*Milk choice includes: Choice of non-fat (flavored or unflavored) or 1% milk (unflavored)*

*\*Menu subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Fall Intersession	4 Fall Intersession	5 Fall Intersession	6 Fall Intersession	7 Fall Intersession
<b>10</b> Fall Intersession	11 Fall Intersession	12 Fall Intersession	13 Fall Intersession	14 Fall Intersession
<b>16</b> Spicy Chicken Sandwich on a Whole Grain Bun <b>Baby Whole Carrots/ Dip</b> Oven Baked French Fry Pears Fruit Cocktail	<b>17</b> Turkey and Swiss On A Whole Grain Croissant Mixed Green Salad Green Beans Fresh Apple	<b>18</b> Country Fried Steak With Whole Grain Dinner Roll Mashed Potato and Gravy <b>Carrots</b> Pears Applesauce <b>Cookie</b>	<b>19</b> Walking Taco's Corn Refried Beans Spanish Rice Fresh Banana	<b>20</b> Turkey Al King Served Over A Biscuit <b>Carrots</b> Mandarin Oranges Raisin
<b>23</b> Hot Ham and Cheese On A Whole Grain Bun <b>Oven Baked Sweet Potato Fries</b> Mixed Green Salad Applesauce Fruit Cocktail	<b>24</b> Chicken Nuggets With Whole Grain Dinner Roll <b>Baby Whole carrot/ Dip</b> Oven Baked French Fries Fresh Apple	<b>25</b> Ham and Scalloped Potato With Whole Grain Roll Mixed Green Salad Green Beans Fresh Orange	<b>26</b> Cheese Ravioli With Whole Grain Garlic Toast Mixed Green Salad Corn Peaches Pears	<b>27</b> Cheeseburger on Whole Grain Bun Oven Baked French Fries <b>Baby Whole Carrots/Dip</b> Mandarin Orange Fruit Cocktail
<b>30</b> Open Face Turkey Sandwich Mashed Potato and Gravy <b>Carrots</b> Fresh Apple	<b>31</b> Chicken Parmesan Served With Whole Grain Noodle Green Beans Mixed Green Salad Applesauce Pears <b>Cookie</b>			