

## VALLEY HIGH SCHOOL OCTOBER 2023 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Mon. 10/2/23 NO SCHOOL!!	Tues. 10/3/23 Chicken Cheese Quesadilla Salad/Ranch Spanish Rice Corn Fruit/Cookie Milk	Wed. 10/4/23 Salisbury Steak Mashed Potatoes/Gravy Green Beans Hot Roll Cherry Dump Cake Milk	Thur. 10/5/23 Toasted Cheese Ravioli/Sauce Salad Ranch Breadstick Cookie Fruit Milk	Fri. 10/6/23 Taco Salad Lettuce/Tomato Salsa Sour Cream Cheese Chili Beans Fruit Milk
Mon. 10/9/23 Chicken Nuggets Scalloped Potatoes Salad/Ranch Hot Roll Fruit Ice Cream/Milk	Tues. 10/10/23 Baked Cheese Ravioli/Sauce Salad/Ranch Breadstick Fruit Cookie Milk	Wed. 10/11/23 Chicken Leg & Thigh Mashed Potatoes/Gravy Green Beans Hot Roll Fruit Milk	Thur. 10/12/23 Broccoli & Cheddar Soup Toasted Cheese Sandwich Salad/Ranch Fruit Cookie Milk	Fri. 10/13/23 Pizza Bobzz Salad Ranch Fritos Corn on the Cob Fruit Pudding Milk
Mon. 10/16/23 Chicken Double Cheese Burrito Salsa/Sour Cream Salad/Ranch Southwest Corn Fruit Cookie Milk	Tues. 10/17/23 Popcorn Chicken Curly Fries Salad/Ranch Hot Roll Fruit Pudding Milk	Wed. 10/18/23 Ham & Beans Cron Bread Scalloped Potatoes Cole Slaw Fruit Sherbert Cup Milk	Thur. 10/19/23 Chicken Cheese Wrap Salad/Ranch Corn Mac & Cheese Fruit Milk	Fri. 10/20/23 Cheeseburger Lettuce/Tomato Pickles Potato Wedges Salad/Ranch Apple Dump Cake Fruit Milk
Mon. 10/23/23 Tomato Soup Crackers Toasted Cheese Sandwich Salad/Ranch Fruit Cookie Milk	Tues. 10/24/23 Pigs N A Blanket Mashed Potatoes Green Beans Salad/Ranch Hot Roll Fruit Milk	Wed. 10/25/23 Mandarin Orange Chicken Fried Rice Crab Meat Rangoon Salad/Ranch Sweet & Sour Sauce Fruit Milk	Thur. 10/26/23 Chicken Patty/Bun Lettuce/Tomato Salad/Ranch Sweet Potato Fries Fruit Brownie Milk	Fri. 10/27/23 Soft Tacos Salad/Ranch Refried Beans Corn Fruit Cookie Milk
Mon. 10/30/23 Chicken N Egg Noodles Mashed Potatoes Green Beans Salad/Ranch Hot Roll Fruit/Milk	Tues. 10/31/23 Chili w/Beans Peanut Butter Sandwich Salad/Ranch Baby Carrots Fruit Brownie/Milk	Wed. 11/1/23	Thurs. 11/2/23	Fri. 11/3/23