

# HIGH SCHOOL MENU

October  
2018

*Entrees include salad bar & choice of 1% white and non-fat chocolate milk. Salad bars feature a variety of options and may include...Garden Salad, Caesar Salad, Broccoli Florets, Cauliflower, Celery Sticks, Carroteenies, Cucumber Coins, Cherry Tomatoes, Apples, Orange Wedges, Chilled Peaches, Diced Pears, Red Grapes, Applesauce, Mandarin Oranges, Pineapple Tidbits, Mixed Fruit, Watermelon, Pluots and other seasonal favorites!*



Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Pulled Pork Sandwich</b> Oven Baked Tater Tots Coleslaw  <i>Salad Bar</i>	2 <b>Penne Pasta Bar</b> w/ Garlic Toast Choice of: Meatballs & Sauce Chicken Alfredo Sauce Marinara  <i>Salad Bar</i>	3 <b>Chili Dog</b> Hotdog Topped with Homemade Chili, Shredded Cheese, and Diced Onions  <i>Salad Bar</i>	4 <b>Beef Teriyaki Dippers</b> Steamed Rice Steamed Veggies Graham Cracker  <i>Salad Bar</i>	5 <b>Chicken Drumstick</b> Mashed Potatoes Gravy Breadstick  <i>Salad Bar</i>
8 <b>Chicken Strips</b> French Fries Garlic Toast  <i>Salad Bar</i>	9 <b>Penne Pasta Bar</b> w/ <b>Bread Stick</b> Choice of: Meatballs & Sauce Chicken Alfredo Sauce Marinara  <i>Salad Bar</i>	10 <u>ACT-Early Release</u> <b>Nachos</b> Beef, Refried Beans, Nacho Cheese, Salsa & Sour Cream  <i>Salad Bar</i>	11 <b>Turkey Gravy</b> Mashed Potatoes Dinner Roll  <i>Salad Bar</i>	12 <b>Thai Sweet Chili Chicken</b> Steamed Rice Steamed Veggies Graham Cracker  <i>Salad Bar</i>
15 <b>Rip'n Dip</b> <b>Pepperoni or</b> <b>Cheese Pizza</b> <b>Rippers</b> Marinara Dipping Sauce  <i>Salad Bar</i>	16 <b>Penne Pasta Bar</b> w/ <b>Garlic Toast</b> Choice of: Meatballs & Sauce Chicken Alfredo Sauce Marinara  <i>Salad Bar</i>	17 <b>Philly Cheese Steak</b> <b>Sandwich</b> w/Onions & Peppers  <i>Salad Bar</i>	18 <b>Orange Glazed Chicken</b> Steamed Rice Steamed Veggies Aloha Roll  <i>Salad Bar</i>	19 <b>Beef Soft Shell Taco</b> Refried Beans Churro  <i>Salad Bar</i>
22 <u>1/2 Day</u>  Variety of Grab and Go Items  <i>Salad Bar</i>	23 <u>1/2 Day</u>  Variety of Grab and Go Items  <i>Salad Bar</i>	24 <u>1/2 Day</u>  Variety of Grab and Go Items  <i>Salad Bar</i>	25 <u>1/2 Day</u>  Variety of Grab and Go Items  <i>Salad Bar</i>	26 <u>1/2 Day</u>  Variety of Grab and Go Items  <i>Salad Bar</i>
29 <b>Chicken Strips</b> Mashed Potatoes Gravy Garlic Toast  <i>Salad Bar</i>	30 <b>Penne Pasta Bar</b> w/ <b>Bread Stick</b> Choice of: Meatballs & Sauce Chicken Alfredo Sauce Marinara  <i>Salad Bar</i>	31 <u>ACT-Early Release</u> <b>Nachos</b> Beef, Refried Beans, Nacho Cheese, Salsa & Sour Cream  <i>Salad Bar</i>		<b>BREAKFAST</b> Elementary \$1.60 Secondary \$1.75 Reduced Price \$0.00 Adult \$2.50 Milk \$0.50  <b>LUNCH</b> Elementary \$2.75 Secondary \$3.00 Reduced K-3 \$0.00 Reduced 4-12 \$0.40 Adult \$3.75

## Daily Specials

### Quick Stop

- Fruit & Yogurt Parfaits**
- Fresh Salads**
- Wraps**
- Deli Sandwiches**

### Grill

- Hamburger**
- Cheeseburger**
- Chicken Burger**
- Veggie Burger**
- Bean & Cheese Burrito**

### Pizza

- Cheese Pizza**
- Pepperoni Pizza**





# Free & Reduced-Price Meals

## IMPORTANT: Complete your Free and Reduced-Price Meal Application for the 2018-19 school year

To continue receiving free or reduced price meals, a new application must be filled out every year. If you haven't completed your households' application, please do so immediately. All students without a current year application will change to **FULL PRICE meals on October 18<sup>th</sup>**.

Apply Online Through Family Access



Login to your Skyward Family Access account and follow these steps:

1. Click "**Food Service**" on the left-hand side menu.
2. Along the top of the page, click the drop-down box next to "**All Students**" and **select a student** from your household - *you will only need to fill out one application for your household.*
3. Click the "**Applications**" link located along the top of this new page.
4. Click the "**Add Application**" link.
5. Follow the prompts to complete and submit an application.

**\*\*You will receive an email once your application has been processed and your eligibility will be updated in Family Access.**

Paper applications are available at all schools, the District Office, and Food and Nutrition Service. A downloadable application is available on our website [www.nthurston.k12.wa.us](http://www.nthurston.k12.wa.us).

### Special Dietary Needs:

It's our goal to provide students with the safest food and eating environment possible. Working together with parents, school nurses, and other student support staff, we can help create a plan to meet special dietary needs. Please visit our website or contact us with questions regarding this process.

**For more Information, contact the  
Food and Nutrition Services Department at:  
360-412-4446**

