



# OCTOBER 2023

## Hononegah Community High School

Menu subject to change. This institution is an equal opportunity provider.

Reduced Price Lunch \$.40 cents/ Paid Price Lunch \$3.50

\*Please email [msmall@hononegah.org](mailto:msmall@hononegah.org) to discuss special dietary needs.

A Doctor's note is required to be on file with the school nurse.

### Monday

Chicken Nuggets & Dinner Roll **2**  
or  
Salad Bar or Deli Sandwiches or Parfait  
Apples, Oranges, Applesauce  
Broccoli, Carrots, Cucumbers, Peppers,  
Mashed Potatoes & Gravy  
Plain 1% or Chocolate Fat Free Milk

**INDIGENOUS  
PEOPLES' DAY  
& COLUMBUS DAY  
NO SCHOOL**

Variety of Pizza or Salad Bar or  
Deli Sandwiches or Parfait with  
Apples, Oranges, Applesauce  
Broccoli, Carrots, Cucumbers, Peppers,  
Steamed Broccoli  
Plain 1% or Chocolate Fat Free Milk **16**

French Bread Pizza Dipper &  
Marinara Sauce or **23**  
Salad Bar or Deli Sandwiches or Parfait  
Apples, Oranges, Applesauce  
Broccoli, Carrots, Cucumbers, Peppers,  
Steamed Broccoli  
Plain 1% or Chocolate Fat Free Milk

Variety of Pizza or **30**  
Salad Bar or  
Deli Sandwiches or Parfait with  
Apples, Oranges, Applesauce  
Broccoli, Carrots, Cucumbers, Peppers,  
Steamed Broccoli  
Plain 1% or Chocolate Fat Free Milk

### Tuesday

Italian Triple Dipper **3**  
(Bosco Stick, Mini Calzone, Meatballs)  
Or Salad Bar or Deli Sandwiches or  
Parfait  
Apples, Oranges, Bananas, Sidekick  
Broccoli, Carrots, Cucumbers, Peppers  
Plain 1% or Chocolate Fat Free Milk

Variety of Pizza or **10**  
Salad Bar or  
Deli Sandwiches or Parfait with  
Apples, Oranges, Bananas, Sidekick  
Broccoli, Carrots, Cucumbers, Peppers,  
Green Beans  
Plain 1% or Chocolate Fat Free Milk

Chicken Patty on Bun or Salad Bar or **17**  
Deli Sandwiches or Parfait with  
Apples, Oranges, Bananas, Sidekick  
Broccoli, Carrots, Cucumbers, Peppers,  
Pickles, Lettuce, Tomato Slices,  
Steamed Mixed Vegetables  
Plain 1% or Chocolate Fat Free Milk

Chicken Tenders & Dinner Roll **24**  
or  
Salad Bar or Deli Sandwiches or Parfait  
Apples, Oranges, Bananas, Sidekick  
Broccoli, Carrots, Cucumbers, Peppers,  
Mashed Potatoes & Gravy  
Plain 1% or Chocolate Fat Free Milk

Orange Chicken over Brown Rice or **31**  
Salad Bar  
or  
Deli Sandwiches or Parfait with  
Apples, Oranges, Bananas, Sidekick  
Broccoli, Carrots, Cucumbers, Peppers  
Plain 1% or Chocolate Fat Free Milk

### Wednesday

Chicken or Cheese Quesadilla or **4**  
Salad Bar or Deli Sandwiches or Parfait  
with Apples, Oranges, Pear Fruit Cup  
Broccoli, Carrots, Cucumbers, Peppers,  
Salsa, Sour Cream, Jalapenos,  
Refried Beans  
Plain 1% or Chocolate Fat Free Milk

Pot Stickers & Fried Rice or **11**  
Salad Bar  
or  
Deli Sandwiches or Parfait with  
Apples, Oranges, Peach Fruit Cup  
Broccoli, Carrots, Cucumbers, Peppers  
Plain 1% or Chocolate Fat Free Milk

Walking Tacos or Salad Bar or **18**  
Deli Sandwiches or Parfait with  
Apples, Oranges, Pear Fruit Cup  
Broccoli, Carrots, Cucumbers, Peppers,  
Lettuce, Salsa, Sour Cream, Jalapenos,  
Refried Beans  
Plain 1% or Chocolate Fat Free Milk

Nachos or Salad Bar or **25**  
Deli Sandwiches or Parfait with  
Apples, Oranges, Peach Fruit Cup  
Broccoli, Carrots, Cucumbers, Peppers,  
Lettuce, Diced Tomato, Salsa,  
Jalapenos, Sour Cream  
Plain 1% or Chocolate Fat Free Milk

### Thursday

Macaroni & Cheese & Dinner Roll or **5**  
Salad Bar or Deli Sandwiches or Parfait  
with Apples, Oranges, Bananas,  
Strawberry Kiwi Juice  
Broccoli, Carrots, Cucumbers, Peppers,  
Steamed Corn  
Plain 1% or Chocolate Fat Free Milk

Oven Fried Drumsticks & Cornbread or **12**  
Salad Bar or  
Deli Sandwiches or Parfait with  
Apples, Oranges, Bananas  
Broccoli, Carrots, Cucumbers, Peppers,  
Mashed Potatoes & Gravy  
Plain 1% or Chocolate Fat Free Milk

Bosco Sticks & Marinara Sauce or **19**  
Salad Bar or Deli Sandwiches or Parfait  
with Apples, Oranges, Bananas,  
Fruit Punch Juice  
Broccoli, Carrots, Cucumbers, Peppers,  
Steamed Corn  
Plain 1% or Chocolate Fat Free Milk

French Toast/Maple Syrup & Sausage or **26**  
Salad Bar or  
Deli Sandwiches or Parfait with  
Apples, Oranges, Bananas  
Broccoli, Carrots, Cucumbers, Peppers,  
Vegetable Blend Juice  
Plain 1% or Chocolate Fat Free Milk

### Friday

**SCHOOL  
IMPROVEMENT DAY  
NO STUDENT  
ATTENDANCE**

BBQ Rib Sandwich or **13**  
Salad Bar or  
Deli Sandwiches or Parfait with  
Apples, Oranges, Grape Juice  
Broccoli, Carrots, Cucumbers, Peppers,  
Lettuce, Tomato Slices, Baked Beans  
Plain 1% or Chocolate Fat Free Milk

Cheeseburger on Bun or **20**  
Salad Bar or  
Deli Sandwiches or Parfait with  
Apples, Oranges, Very Berry Juice  
Broccoli, Carrots, Cucumbers, Peppers,  
Pickles, Lettuce, Tomato Slices, Tots  
Plain 1% or Chocolate Fat Free Milk

Chicken Patty on Bun or Salad Bar or **27**  
Deli Sandwiches or Parfait with  
Apples, Oranges, Strawberry Kiwi Juice  
Broccoli, Carrots, Cucumbers, Peppers,  
Pickles, Lettuce, Tomato Slices,  
Green Beans  
Plain 1% or Chocolate Fat Free Milk

We hope you will join us for lunch. We offer a variety of options to choose from daily. All options are available to all students. Menus are posted by each serving line that list all options available daily.

Please make sure to have your ID card with you at lunch. **You MUST scan your ID card to receive lunch and make any A La Carte Purchases.**

Gluten Free options and other special diet options (by request only and require a Doctor's note to be on file with the school nurse)

Plant based meal options available by request only in advance.

A La Carte items are also available for purchase on all serving lines.