

# Menus for October 2018

## WARWICK HIGH SCHOOL MENU

This institution is an equal opportunity provider. Menus are subject to change.

### AVAILABLE DAILY

**All meals include (2) fruits, veggie & milk  
Milk is the only beverage include w/ meals**

*Meals include choice of Fat free flavored,  
Fat free white or 1% white*

**\$2.75 Sandwich bar w/** (2) fruits, veggie & milk  
Choices: Italian, turkey, ham n' cheese subs,  
Veggieburger

**\$2.75 Pizza Meal Deal w/** (2) fruits, veggie & milk

**\$2.75 Wraps w/** veggie, (2) fruits and milk  
Choices: Veggie, turkey, ham, spicy chicken,  
Buffalo, Asian and BBQ chicken

**\$2.75 Salad w/** (2) fruits and milk  
Choices: Southwest, Chopped Ribbon Chef, Vegan,  
Caesar, Grilled Chicken and Orange salad

Hummus salad, yogurt, whole grain cheez its, muffin,  
bed of mixed greens with baby carrots

**\$3.50 Warrior:** Entrée w/bag of Herr's chips,  
(2) fruits, veggie and milk

**Assorted fruit basket may include:**  
*Applesauce, peaches, pears, apricots, raisins,  
strawberries, pineapples, mixed fruit, bananas, grapes,  
apples, raisins and 100% fruit juice slushy*



Ingredient Labels available upon request

## HEY KIDS (& PARENTS)! DON'T GET!

**Breakfast daily \$1.50**

*Offered throughout the week:*

Benefit bars, sausage/egg/cheese roll,  
Breakfast pizza, muffins, cereal, cini mini's, donut holes  
**Friday:** Funnel cakes



Take at least **ONE**  
**FRUIT** or  
**VEGGIE**  
and at least **THREE** items total  
so your meal  
counts as a  
complete lunch!

**EZSchoolPay.com**


**SIMPLE, SAFE & SECURE BREAKFAST**

\$1.50  
Reduced  
\$0.00

**LUNCH**

\$2.75  
Warrior \$3.50  
\$4.00 Reduced

Pay for meals on-line at  
**EZSchoolPay.com!**

Monday, October 1	Tuesday, October 2	Wednesday, October 3	Thursday, October 4	Friday, October 5
#1 Mac n' cheese Quesadilla	#1 Ham n' cheese on Pretzel roll w/ Tomato soup	#1 Walking Taco w/roll and fixin's	#1 Pizza stix w/dipping sauce	#1 Cheesesteak on roll
#2 Pasta bar with two dinner rolls	#2 Meatball sub sandwich	#3 Warrior: Stuffed croissant w/ Pepperoni pizza or Steak n' cheese w/chips	#2 General Tso Chicken w/Asian veggies, brown rice and dinner roll	#3 Warrior: <b>SUBWAY FRIDAY</b> Variety of subs with bag of Herr's chips
#3 Warrior: Hot n' spicy chicken sandwich w/chips	#3 Warrior: Buffalo or 4 Meat Pizza w/chips	Southwest Rice, Baked beans	#3 Warrior: Homemade Stromboli	Roasted Cauliflower
Green beans	Corn, Cookie		Broccoli	
Monday, October 8	Tuesday, October 9	Wednesday, Oct. 10	Thursday, Oct. 11	Friday, Oct. 12
No School In-Service Day	#1 Cheeseburger on roll w/french fries	#1 Chicken fries w/dinner roll	#1 & #2 Turkey Mashed potato Bowl with biscuit	#1 Big Daddy's Pizza
	#3 Warrior: Sriracha boneless chicken wings w/ pierogies and chips	#2 Noodle bowl with Asian veggies, dinner roll	#3 Warrior: Buffalo chicken or 4 Meat Italian Pizza w/chips	#3 Warrior: Create your own Burrito bowl w/ bag of scoops
	Roasted Brussel sprouts	#3 Warrior: Double cheeseburger w/chips	Corn, cookie	Fiesta beans and Southwest Rice
		California blend		

# NAME DROPPING



EMO-RAPPER JUICE WRLD WAS BORN JARAD HIGGINS IN CHICAGO IN 1998. HE LEARNED TO PLAY THE PIANO AT 4 YEARS OLD. HIS STAGE NAME IS A SHOUT OUT TO THE LEGENDARY RAPPER

TURAC SHAKUR, WHO STARRED IN THE 1992 MOVIE "JUICE".



## TAKE A HIKE?

Lots of us are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy - or take a hike!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Monday, Oct. 15	Tuesday, Oct. 16	Wednesday, Oct. 17	Thursday, Oct. 18	Friday, Oct. 19
#1 Ham n' cheese on pretzel roll w/tomato soup  #2 Pizza stix w/dipping sauce  #3 Warrior: Crispy Chicken sandwich w/chips  Roasted cauliflower	#1 Walking Taco w/roll, fixin's bar   #3 Warrior: Chicken tenders w/French fries <b>NO CHIPS</b>  Vegetarian chili	#1 Chicken nuggets, whipped potatoes and dinner roll  #2 Three cheese calzone  #3 Warrior: Hot n' spicy chicken sandwich w/ chips  Broccoli, cookie	#1 Popcorn chicken w/ dinner roll  #2 Tangerine Chicken w/rice and Asian veggies  #3 Warrior: Buffalo Chicken or 4 Meat Italian pizza w/chips  Steamed peas	#1 Pork BBQ Sandwich   #3 Warrior: <b>SUBWAY FRIDAY</b> Variety of Subs w/bag of Herr's chips  Corn
Monday, Oct. 22	Tuesday, Oct. 23	Wednesday, Oct. 24	Thursday, Oct. 25	Friday, Oct. 26
#1 Popcorn chicken w/ dinner roll  #2 Pizza cheese crunchers  #3 Warrior: Double cheeseburger w/ chips  Broccoli	#1 French toast stix w/sausage and potato   #3 Warrior: Sriracha boneless chicken wing sandwich w/chips  Carrot sticks	#1 Chicken burger w/ side of mac n' cheese   #3 Warrior: Grilled chicken club w/ chips  Peas and carrots	#1 Turkey Mashed Potato Bowl w/ biscuit   #3 Warrior: Buffalo chicken or 4 Meat Italian Pizza  Corn	#1 Big Daddy's Pizza   #3 Warrior: Create your own Burrito bowl w/ bag of scoops  Fiesta beans and Southwest Rice
Monday, October 29	Tuesday, October 30	Wednesday, October 31	We are pleased to provide <b>FREE AND REDUCED-PRICE MEALS</b> for all students who qualify. It's simple to apply and we accept applications all year. Learn more at <a href="http://www.warwicksd.org">www.warwicksd.org</a>	
#1 Mac n' cheese Quesadilla  #2 Pasta bar with two dinner rolls  #3 Warrior: Hot n' spicy chicken sandwich w/chips  Green beans	#1 Ham n' cheese on Pretzel roll w/ Tomato soup  #2 Meatball sub sandwich  #3 Warrior: Buffalo or 4 Meat Pizza w/chips  Corn, Cookie	#1 Walking Taco w/roll and fixin's   #3 Warrior: Stuffed croissant w/ Pepperoni pizza or Steak n' cheese w/chips  Southwest Rice, Baked beans		