

Ionia High School

Lunch Menu

October 2017

Pizza, taco, taco salad and low fat grilled chicken offered daily

The Choice offerings for the month are:

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| 2) Wet Burrito
Broccoli/mixed fruit | 18) Walking Taco
diced tomatoes/
Corn & black bean relish/pineapple |
| 3) Chicken Nuggets**
M. Potatoes/Fresh Kiwi | 19) Italian Sub
French Fries/Peaches |
| 4) COMMONS PIZZA
corn/peaches | 20) Cheese Filled Bread
Sticks*/** Lima beans/pears |
| 5) Burger Bowls
potatoes/applesauce | 23) Wet Burrito
Corn/applesauce |
| 6) Cheese Filled Bread
Sticks*/**Lima
beans/pizza sauce/pears | 24) Chicken Nuggets
M. Potatoes/warm apple slices |
| 9) School Made
Grilled Cheese*
tomato Soup/pears | 25) Macaroni & Cheese
Cooked carrots/pears |
| 10) NEW_ Chicken
Smacker Shakers*
M. Potatoes/Mixed fruit | 26) Hot Dog/bun*
French fries/baked beans/Peaches |
| 11) Spaghetti w/Meat
Sauce Mixed vegetables/pineapple | 27) Cheese Filled Bread Sticks
Peas/pizza sauce/pears |
| 12) Mini Corn Dogs (6)
Baked beans/fruit sherbet | 30) Chicken Caesar Salad
Grape tomatoes cucumbers/applesauce |
| 13) Cheese Filled Bread
Sticks*/** Peas/pizza sauce/pears | 31) Zombie fingers*/**, vampire
delight, slime, witch's treat, Frog
Spit
*Multi grain Bun/Bread; **Reduced fat
items;
Fresh fruit offered daily |
| 16) Teriyaki Chicken Asian Bowl
Broccoli/M. oranges | |
| 17) Chicken Nuggets
M. Potatoes/mixed fruit | |



What Comes with the Meal

In addition to the main dish; the following items will be available: Lettuce, salad dressings, plus one vegetable, one fruit and bread and butter; and a ½ pint of milk choice of 1% white or chocolate, or ff white is included with the lunch. Lunch prices: Senior High (buffet line) Students\$ 2.55, Staff and Adults \$ 3.40 Milk is available for purchase without a lunch for \$.35 per ½ pint.

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