



September 2010

WAYNESVILLE MIDDLE & HIGH SCHOOL

LUNCH - \$2.50
 SUPER LUNCH - \$3.00
 (INCLUDES SMALL WATER)



News

Salads will also be available daily as part of a regular lunch

Please visit our Website for complete Carb Count listing.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



6 NO SCHOOL

7 Footlong Chili Dogs
 OR
 Tony's Pizza
 Corn
 Fruit
 Milk

1 Bentino's
 Cheese OR Sausage
 Pizza
 Corn
 Fruit
 Milk

2 BBQ Rib Sandwich
 OR
 Chicken Sandwich
 Curly Fries
 Fruit
 Milk

3 Chicken Quesadillas
 OR
 French Bread Pizza
 Carrot Stix w/ Dip
 Fruit
 Milk

13 Cheezy Bread w/Marinara Sauce
 OR
 Chicken Sandwich
 Cooked Carrots
 Fruit
 Milk

14 Brunch for Lunch
 Sausage Wraps
 Or French Toast w/
 Sausage
 Scrambled Eggs
 Tri-Taters
 Juice/Milk

15 Bentino's
 Cheese OR Sausage
 Pizza
 Mixed Veggies
 Fruit
 Milk

16 Spartan Chipolte
 Chicken or Beef on
 Tortilla
 Cheese, tomato, lettuce,
 onion
 Fruit/Milk

17 Turkey Wrap
 OR
 Roast Beef Sandwich
 Winter Blend Veggies
 Fruit
 Milk

20 Spaghetti W/
 Breadstick
 OR
 French Bread Pizza
 Green Beans
 Fruit
 Milk

21 Cheeseburger Sliders
 OR
 Burrito
 French Fries
 Fruit
 Milk

22 Bentino's
 Cheese OR Sausage
 Pizza
 Peas
 Fruit
 Milk

23 Chicken Nuggets
 OR
 Chicken Sandwich
 Mashed Potatoes
 w/Gravy
 Fruit
 Milk

24 Sparzones
 Pizza/Calzones
 Corn
 Fruit
 Milk

27 3 Way Cincy Chili
 OR
 Chili Cheese Dogs
 Oyster Crackers
 Side Salad W/Dip
 Fruit
 Milk

28 Pizza Hot Pocket
 OR
 Tony's Pizza
 Carrot Stix w/ Dip
 Fruit
 Milk

29 Bentino's
 Cheese OR Sausage
 Pizza
 Winter Blend
 Fruit
 Milk

30 Cheeseburgers or
 BBQ Rib Sandwich
 Tater Wedges
 Fruit
 Milk