

# October 2018

## Dexter High Lunch



### MONDAY

- 1**
- Entrees**
- Corn Dog
  - Chicken Nachos with White Queso
- Entree Salad**
- Taco Salad
  - Cornbread
- Specialty Bar**
- Baked Potato Bar
- Sides**
- Fresh Garden Salad
  - Texas Pintos
  - Mandarin Oranges
- Opaa! To Go**
- Turkey Jack Sandwich
- Opaa! To Go Sides**
- Baby Carrots
  - Mandarin Oranges
  - Chocolate Chip Cookie

### TUESDAY

- 2**
- Entrees**
- BBQ Rib on Bun
  - Bacon Cheeseburger
  - Tater Tots with Ketchup
- Entree Salad**
- Popcorn Chicken Salad
  - Blueberry Muffin
- Specialty Bar**
- Breakfast Bar
  - Tater Tots with Ketchup
- Sides**
- Caesar Side Salad
  - Peaches
- Opaa! To Go**
- Crispy Chicken Wrap
- Opaa! To Go Sides**
- Caesar Side Salad
  - Peaches

### WEDNESDAY

- 3**
- Entrees**
- Chicken Patty
  - Spicy Chicken Patty
  - Jalapeno Cheddar Meatloaf
  - Mashed Potatoes with Gravy
- Entree Salad**
- Chicken Caesar Salad
- Specialty Bar**
- Burger Bar
  - Baked Chips
- Sides**
- Glazed Carrots
  - Banana Orange Mix
  - Hot Rolls
- Opaa! To Go**
- Ham and Cheese Sandwich
- Opaa! To Go Sides**
- Grape Tomatoes
  - Banana Orange Mix

### THURSDAY

- 4**
- Entrees**
- Chicken Nuggets with Italian Bread
  - Hamburger Mac and Cheese with Italian Bread
- Entree Salad**
- Italian Chef Salad
  - Italian Bread
- Specialty Bar**
- Pizza/Calzone Bar
- Sides**
- Fresh Garden Salad
  - Corn
  - Applesauce
- Opaa! To Go**
- Club Sandwich
- Opaa! To Go Sides**
- Fresh Garden Salad
  - Applesauce

### FRIDAY

- 5**
- Entrees**
- Hamburger Pizza
  - Parmesan Chicken Sandwich
- Entree Salad**
- Chicken Bacon Ranch Salad
  - Pineapple Muffin
- Specialty Bar**
- Nacho/Taco Bar
  - Spanish Rice
- Sides**
- Spring Salad Mix
  - Broccoli with Ranch Dressing
  - Pineapple
- Opaa! To Go**
- Tuna Salad Wrap
- Opaa! To Go Sides**
- Broccoli
  - Pineapple
  - Chocolate Chip Cookie

### 8

- Entrees**
- Cheddar-Toni with Italian Bread
  - Spicy Chicken Sandwich
- Entree Salad**
- Vegetarian Chef Salad
  - Italian Bread
- Specialty Bar**
- Sub Bar
- Sides**
- Spring Salad Mix
  - Cheesy Cauliflower
  - Popcorn
  - Peaches
- Opaa! To Go**
- Crispy Chicken Wrap
- Opaa! To Go Sides**
- Baby Carrots
  - Peaches
  - Chocolate Chip Cookie

### 9

- Entrees**
- Crunchy Gordita
  - BBQ Chicken on Bun
- Entree Salad**
- Taco Salad
  - Cornbread
- Specialty Bar**
- Tony's Pizza
- Sides**
- Fresh Garden Salad
  - Cowboy Beans
  - Orange Pineapple Mix
- Opaa! To Go**
- Turkey Jack Sandwich
- Opaa! To Go Sides**
- Fresh Garden Salad
  - Orange Pineapple Mix

### 10

- Entrees**
- Chicken Patty
  - Spicy Chicken Patty
  - Hamburger Steak
  - Mashed Potatoes with Gravy
- Entree Salad**
- Strawberry Chicken Salad
- Specialty Bar**
- Burger Bar
  - Baked Chips
- Sides**
- Corn
  - Pears
  - Hot Rolls
- Opaa! To Go**
- Ham and Cheese Sandwich
- Opaa! To Go Sides**
- Baby Carrots
  - Pears

### 11

- Entrees**
- Bacon Cheeseburger
  - Chicken Tacos
  - Tater Tots with Ketchup
- Entree Salad**
- Popcorn Chicken Salad
  - Blueberry Muffin
- Specialty Bar**
- Breakfast Bar
  - Tater Tots
- Sides**
- Fresh Garden Salad
  - Applesauce
- Opaa! To Go**
- Club Sandwich
- Opaa! To Go Sides**
- Fresh Garden Salad
  - Applesauce

### 12

- Entrees**
- Tony's Pizza
  - Wowbutter and Jelly Sandwich with Yogurt
- Entree Salad**
- Chicken Bacon Ranch Salad
  - Pineapple Muffin
- Specialty Bar**
- Nacho/Taco Bar
  - Spanish Rice
- Sides**
- Caesar Side Salad
  - Baby Carrots with Ranch Dressing
  - Strawberry Banana Mix
- Opaa! To Go**
- Tuna Salad Wrap
- Opaa! To Go Sides**
- Baby Carrots
  - Strawberry Banana Mix
  - Chocolate Chip Cookie

### 15

- Entrees**
- Chili Dog
  - Pizza Quesadilla
  - Tater Tots with Ketchup
- Entree Salad**
- Popcorn Chicken Salad
  - Blueberry Muffin
- Specialty Bar**
- Breakfast Bar
  - Tater Tots with Ketchup
- Sides**
- Fresh Garden Salad
  - Mandarin Oranges
- Opaa! To Go**
- Crispy Chicken Wrap
- Opaa! To Go Sides**
- Baby Carrots
  - Mandarin Oranges
  - Chocolate Chip Cookie

### 16

- Entrees**
- Bacon Pickle Grilled Cheese
  - Chicken and Waffles with Syrup
- Entree Salad**
- Italian Chef Salad
  - Italian Bread
- Specialty Bar**
- Pizza/Calzone Bar
- Sides**
- Spring Salad Mix
  - Steamed Broccoli
  - Cinnamon Apples
- Opaa! To Go**
- Turkey and Cheese Sandwich
- Opaa! To Go Sides**
- Spring Salad Mix
  - Applesauce

### 17

- Entrees**
- Chicken Patty
  - Spicy Chicken Patty
  - Meatloaf
  - Mashed Potatoes with Gravy
- Entree Salad**
- Chicken Caesar Salad
- Specialty Bar**
- Burger Bar
  - Baked Chips
- Sides**
- Green Beans
  - Pineapple
  - Hot Rolls
- Opaa! To Go**
- Ham and Cheese Sandwich
- Opaa! To Go Sides**
- Baby Carrots
  - Pineapple

### 18

- Entrees**
- Chicken Patty
  - Spicy Chicken Patty
  - Meatloaf
  - Mashed Potatoes with Gravy
- Entree Salad**
- Chicken Caesar Salad
- Specialty Bar**
- Burger Bar
  - Baked Chips
- Sides**
- Green Beans
  - Pineapple
  - Hot Rolls
- Opaa! To Go**
- Ham and Cheese Sandwich
- Opaa! To Go Sides**
- Baby Carrots
  - Pineapple

### 19

- Entrees**
- Chicken Patty
  - Spicy Chicken Patty
  - Meatloaf
  - Mashed Potatoes with Gravy
- Entree Salad**
- Chicken Caesar Salad
- Specialty Bar**
- Burger Bar
  - Baked Chips
- Sides**
- Green Beans
  - Pineapple
  - Hot Rolls
- Opaa! To Go**
- Ham and Cheese Sandwich
- Opaa! To Go Sides**
- Baby Carrots
  - Pineapple

22

29

- Entrees**
- Spaghetti and Meat Sauce with Italian Bread
  - Spicy Chicken Sandwich
- Entree Salad**
- Italian Chef Salad
  - Italian Bread
- Specialty Bar**
- Pizza/Calzone Bar
- Sides**
- Spring Salad Mix
  - Cheesy Cauliflower Popcorn
  - Peaches
- Opaa! To Go**
- Crispy Chicken Wrap
- Opaa! To Go Sides**
- Baby Carrots
  - Peaches
  - Chocolate Chip Cookie

23

- Entrees**
- BBQ Rib on Bun
  - Pepperoni Calzone
  - French Fries with Ketchup
- Entree Salad**
- Popcorn Chicken Salad
  - Blueberry Muffin
- Specialty Bar**
- Baked Potato Bar
- Sides**
- Caesar Side Salad
  - Banana Orange Mix
- Opaa! To Go**
- Turkey and Cheese Sandwich
- Opaa! To Go Sides**
- Caesar Side Salad
  - Banana Orange Mix

30

- Entrees**
- BBQ Pork on Bun
  - Frito Pie
- Entree Salad**
- Taco Salad
  - Cornbread
- Specialty Bar**
- Sub Bar
- Sides**
- Fresh Garden Salad
  - Cowboy Beans
  - Orange Pineapple Mix
- Opaa! To Go**
- Ham and Cheese Sandwich
- Opaa! To Go Sides**
- Fresh Garden Salad
  - Orange Pineapple Mix

24

- Entrees**
- Chicken Patty
  - Spicy Chicken Patty
  - Jalapeno Cheddar Meatloaf
  - Mashed Potatoes with Gravy
- Entree Salad**
- Mandarin Orange Chicken Salad
- Specialty Bar**
- Burger Bar
  - Baked Chips
- Sides**
- Glazed Carrots
  - Peaches
  - Hot Rolls
- Opaa! To Go**
- Ham and Cheese Sandwich
- Opaa! To Go Sides**
- Baby Carrots
  - Peaches

31

- Entrees**
- Chicken Patty
  - Spicy Chicken Patty
  - Hamburger Steak
  - Mashed Potatoes with Gravy
- Entree Salad**
- Chicken Caesar Salad
- Specialty Bar**
- Burger Bar
  - Baked Chips
- Sides**
- Corn
  - Pears
  - Hot Rolls
- Opaa! To Go**
- Turkey Jack Sandwich
- Opaa! To Go Sides**
- Baby Carrots
  - Pears

25

- Entrees**
- Hot Dog Mac and Cheese with Italian Bread
  - Chicken Strips with Italian Bread
- Entree Salad**
- Turkey Chef Salad
  - Italian Bread
- Specialty Bar**
- Pizza/Calzone Bar
- Sides**
- Fresh Garden Salad
  - Corn
  - Applesauce
- Opaa! To Go**
- Club Sandwich
- Opaa! To Go Sides**
- Fresh Garden Salad
  - Applesauce

26

- Entrees**
- Sausage Pizza
  - Parmesan Chicken Sandwich
- Entree Salad**
- Chicken Bacon Ranch Salad
  - Pineapple Muffin
- Specialty Bar**
- Nacho/Taco Bar
  - Spanish Rice
- Sides**
- Spring Salad Mix
  - Broccoli with Ranch Dressing
  - Pineapple
- Opaa! To Go**
- Chicken Salad Sandwich
- Opaa! To Go Sides**
- Broccoli
  - Pineapple
  - Chocolate Chip Cookie

Click Here for Items Served Daily: 1% Lowfat Milk, Chocolate Milk, Fat Free Milk, Fresh Fruit

Condiment Options: Asian Bar Condiment, Baked Potato Bar Condiment, BBQ Bar Condiments, BBQ and Ketchup, Burger/Sandwich Bar Condiments, Burger/Sandwich Condiments, Ketchup, Hot Dog Condiments, Hot Dog Bar Condiments, Mexican Special Bar Condiments, Mexican Entree Condiments, Cold Sandwich Bar Condiment, Cold Sandwich Condiment, Ranch Dressing

Daily on Line B: Cheeseburger

More Details: [dexter.nutrislice.com/menu/dexter-high/lunch/](http://dexter.nutrislice.com/menu/dexter-high/lunch/)  
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