
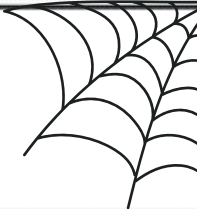


October 2024 Menu Crookston High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Each lunch is served with fruits (15) and vegetables, one carton of milk, and condiments along with the daily entrée.	1 Chicken Fajita (22) with Cheese and Fixings Mexican Rice (19)	2 Hot Ham & Cheese (26) Baked Beans (23)	3 Chicken Mac & Cheese (32) Breadstick (17) Baked Beans (23)	4 Quesadilla Pizza (39) Corn (17)
7 New Menu Item! Chicken (9) & Waffles (29) Breakfast Syrup (28)	8 Pepperoni Pizza (32) Corn (17)	9 Pasta (38) & Meat Sauce (9) Breadstick (17)	10 Chef Salad (5) Two Breadsticks (34) Sunflower Seeds (11)	11 Grilled Cheese (30) Tomato Soup (17) Baked Beans (23)
14 General Tso Chicken (19) Brown Rice (23) Dinner Roll (14)	15 Corn Dog (30) Baked Beans (23)	No School 		
21 Chicken Nuggets (15) Dinner Roll (14) Mashed Potatoes (14)	22 Pulled Pork Sandwich (46) Baked Beans (23)	23 Deli Sandwich (26)	24 Tater Tot Hotdish (21) Two Bread Slices (26) Corn (17)	25 Italian Dunkers (30) Marinara Sauce (5)
28 No School	29 Chicken Strips (22) Dinner Roll (14) Mashed Potatoes (14)	30 Chicken Alfredo (60) Breadstick (17)	31 Mini Corndogs (30) Baked Beans (23)	

Entrée Alternatives

Daily:

- Hamburger (29)
- Breaded Chicken Sandwich (44)
- Plain Chicken Sandwich (30)
- Monday:** Mr. Rib (35)
- Tuesday:** Cheese Pizza (41)
- Wednesday:** Hot Dog (28)
- Thursday:** Spicy Chicken Patty (46)
- Friday:** Fish Sandwich (50)

Prices

- Students: FREE
- Adult Price: \$5.00
- Extra Milk: \$0.50
- Lactose Free Milk: \$1.00

Daily Milk Choices

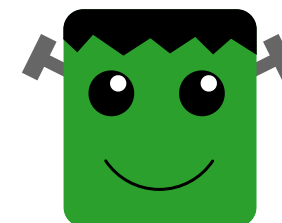
- Plain Skim (13)
- Plain 1% (13)
- Chocolate Skim (20)
- Lactose Free (upon request)

Carbohydrate Count

Numbers listed in parentheses () are the carbohydrate for that item in full.

Questions?

Contact Emily Scheresky at
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218-281-5313 ext. 7



This Institution is an Equal Opportunity Provider
All Menus are subject to change without notice due to supply chain, availability, and delivery changes.