


**Salem High Dinner Menu: OCTOBER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Buffalo Chicken Tenders with Ranch Dipping Sauce, whole grain Dinner Roll Celery Sticks & Cucumber Wheels Assorted Fruit Milk	<b>10/1</b> Mozzarella Sticks with whole grain Garlic Bread and Marinara Sauce Cup Side Caesar Salad Pear Assorted Fruit Milk	<b>10/2</b> <b>Loaded Mac &amp; Cheese</b> whole grain Mac & Cheese Toppings: Green Onion, Diced Chicken, Diced Tomato with Veggie Sticks Orange Assorted Fruit, Milk	<b>10/3</b> <b>Chick Fil A Dupe</b> <b>Dill Chicken Patty or Buffalo Chicken Patty on whole grain Bun</b> <b>Sweet Potato Waffle Fries</b> , Assorted Dipping Sauces, Pear, Assorted Fruit, Milk	<b>10/4</b> Whole Grain French Bread Pizza Spinach and Romaine Salad Veggie Cruncher Assorted Fruit Milk
<b>10/7</b> Turkey or Beef Hot Dog on whole grain Bun Homemade Coleslaw Vegetarian Baked Beans Orange Assorted Fruit Milk	<b>10/8</b> Cheese Quesadilla on whole wheat Tortilla Mexicali Corn, Salsa Plums Assorted Fruit Milk	<b>10/9</b> <b>Chinese Takeout Dupe</b> <b>Mandarin Orange Chicken</b> <b>with Lo Mein Noodles</b> <b>Roasted Broccoli</b> Apple Assorted Fruit Milk	<b>10/10</b> Ham and Cheese Melt on whole wheat Croissant Sweet Potato Fries Strawberries Assorted Fruit Milk	<b>10/11</b> <b>New Menu Item!</b> Pizza Crunchers Caesar Salad with Homemade Croutons Orange Assorted Fruit Milk
<b>10/14</b> <b>indigenous peoples day:</b> <b>No School</b>	<b>10/15</b> <b>Panera Dupe</b> Grilled Cheese on whole wheat Bread Creamy Homemade Tomato Soup Pear, Assorted Fruit Milk	<b>10/16</b> <b>Waffle House Dupe</b> Chicken & Waffles with Syrup, Roasted Diced Sweet Potato Apple Sauce Assorted Fruit Milk	<b>10/17</b> <b>Chipotle Dupe</b> Burrito Bowl! Chicken Fajita Meat with Rice & Black Beans Sautéed Peppers & Onions, Shredded Lettuce, Salsa, Pico de Gallo, Assorted Fruit, Milk	<b>10/18</b> <b>Five Guys Dupe</b> Hamburger or Cheeseburger on whole grain Bun Seasoned, Roasted Potato Wedges, Lettuce & Tomato Orange Assorted Fruit, Milk
<b>10/21</b> Dill or Spicy Chicken Patty on whole grain Bun Vegetable of the Day: Red Roasted Potato Wedges, Farm Fresh Veggie Sticks Assorted Fruit, Milk	<b>10/22</b> Turkey and Cheese Melt on Whole Wheat Bread Sweet Potato Fries Strawberries Assorted Fruit Milk	<b>10/23</b> Beef Nacho with Whole Grain Tortilla Chips with Shredded Cheese, Pico de Gallo Shredded Lettuce Mexicali Corn Pear Assorted Fruit, Milk	<b>10/24</b> <b>Panera Dupe</b> <b>Grilled Cheese on whole wheat Bread</b> <b>Cheddar Broccoli Soup</b> Pear Assorted Fruit Milk	<b>10/25</b> Buffalo Chicken Tenders with Ranch Dipping Sauce, whole grain Dinner Roll Celery Sticks & Cucumber Wheels Assorted Fruit Milk
<b>10/28</b> Chicken Caesar Salad with Whole Grain Dinner Roll, Cheese Stick Orange Assorted Fruit, Milk	<b>10/29</b> Meatball Sub on Whole Grain Roll with Side Caesar Salad Orange, Assorted Fruit Milk	<b>10/30</b> <b>New Menu Item!</b> Chicken and Cheese Enchilada Empanadas with Enchilada Sauce, Black Bean and Corn Salsa Grapes Assorted Fruit Milk	<b>10/31</b> <b>Breakfast for Dinner!</b> Strawberry Banana or Mango Pineapple Smoothie with wg Graham Crackers Carrot Sticks Assorted Fruit, Milk	<b>11/1</b> Whole Grain Pizza Kale Salad, Farm Fresh Veggie Sticks Assorted Fruit Milk



**Dinner Dupe Week**  
**10/15 - 10/18**  
Try a different meal dupe each day during "dupe week" and let us know how it compares to the original!

**Stay for Dinner!**  
Dinner is FREE for all Salem High School students and is served everyday! Stay after school and spend some extra time with your friends. Also fuel up before your after school activities!  
**Dinner is served at:**  
**Time: 3:05 PM - 4:35 PM**  
**Location: SHS first floor Cafeteria**

