

# OCTOBER 2017

## Holdenville Jr. High/ High School

All meals come with milk.  
Water is available.

### Breakfast & Lunch Menu

#### Monday

Wolverine Big Breakfast Bar **2**

Lunch: Taco Salad  
Veg. Bar & Fruit Bar

Wolverine Big Breakfast Bar **9**

Lunch: Chili Frito Pie  
Veg. Bar & Fruit Bar

Wolverine Big Breakfast Bar **16**

Lunch: BBQ Sandwich & Chips  
Veg. Bar & Fruit Bar

Wolverine Big Breakfast Bar **23**

Lunch: Steak Sandwich  
Veg. Bar & Fruit Bar

Wolverine Big Breakfast Bar **30**

Lunch: Burrito & Chips  
Veg. Bar & Fruit Bar

#### Tuesday

Breakfast Bar **3**

Lunch: Pizza Day  
Veg. Bar & Fruit Bar

Breakfast Bar **10**

Lunch: Pizza Day  
Veg. Bar & Fruit Bar

Breakfast Bar **17**

Lunch: Pizza Day  
Veg. Bar & Fruit Bar

Breakfast Bar **24**

Lunch: Pizza Day  
Veg. Bar & Fruit Bar

Breakfast Bar **31**

Lunch: Pizza Day  
Veg. Bar & Fruit Bar

#### Wednesday

Breakfast Bar **4**

Lunch: Salisbury Steak Dinner  
Veg. Bar & Fruit Bar

Breakfast Bar **11**

Lunch: Chicken & Noodles  
Veg. Bar & Fruit Bar

**P/T Conference Mon 16th &  
Tues 17th. 4-7**

Breakfast Bar **25**

Lunch: Baked Chicken  
Veg. Bar & Fruit Bar

#### Thursday

Breakfast Bar **5**

Lunch: Chicken Sandwich  
Veg. Bar & Fruit Bar

Breakfast Bar **12**

Lunch: Cheeseburger & FF  
Veg. Bar Fruit Bar

**Enjoy Fall Break  
Oct. 18-20  
See you Monday!**

Breakfast Bar **26**

Lunch: Fish & FF  
Veg. Bar & Fruit Bar

#### Friday

Breakfast: Tornado,  
Cereal & Toast, Fruit **6**

Lunch: Build a Sub Day  
Veg. Bar & Fruit Bar

Breakfast: Tornado,  
Cereal & Toast, Fruit **13**

Lunch: Build a Sub Day  
Veg. Bar & Fruit Bar

**20**

Breakfast: Tornado,  
Cereal & Toast, Fruit **27**

Lunch: Build a Sub Day  
Veg. Bar & Fruit Bar

Every Monday, Wednesday and Thursday additional lunch choice of Baked Potato & Soup Bar.

We have a Smart Snack Shack where students may buy healthy snacks and drinks. They must have cash or credit in their accounts.

This institution is an equal opportunity employer and provider.