



Big Foot High School

Breakfast & Lunch Menu

October 2019

Make checks payable to: Big Foot High School

Please put students name in memo box

DID YOU KNOW THAT YOU CAN PAY ONLINE? GO TO:

WWW.bigfoot.k12.wi.us click on resources, eFunds or go to:

<https://eps.mvpbanking.com/cgi-bin/efs/login.pl?access=55181>

All Menus are subject to change without notice.

Thanks for your understanding.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BREAKFAST English Muffin Sandwich LUNCH 1 Chicken Nuggets, French Fries, WG Roll 2 Grilled Chicken Parmesan Sandwich 3 Pizza 4 Spicy Chicken Salad <i>Steamed Broccoli</i> <i>Baked Beans</i> <i>Fresh Apples or Oranges</i>	2 BREAKFAST Breakfast Pizza LUNCH 1 Domino's Pizza 2 Cranberry Grilled Chicken Salad Homemade Cookie Day <i>Green Beans</i> <i>Veggie Tray</i> <i>Chilled Sliced Peaches</i> <i>Fresh Apples or Oranges</i>	3 BREAKFAST Biscuit, Sausage, Cheese Sandwich LUNCH 1 Nacho Supreme 2 Pizza 3 Taco Salad <i>Refried Beans</i> <i>Chilled Pears</i> <i>Fresh Apples or Oranges</i>	4 BREAKFAST French Toast Sticks Yogurt Parfait LUNCH 1 Spaghetti with meat Sauce w/Garlic Bread 2 Turkey, Ham & Cheese Sub Sandwich 3 Pizza 4 Spicy Chicken Salad <i>Steamed Carrots</i> <i>Fresh Apples or Oranges</i>
7 BREAKFAST Yogurt Parfait LUNCH 1 Teriyaki Chicken Brown Rice, WG Dinner Roll 2 Cheeseburger on WG Bun 3 NEW Cheesy Garlic Flatbread Pizza 4 Grilled Chicken Salad <i>Steamed Broccoli</i> <i>Chilled Pineapple</i> <i>Fresh Apples & Oranges</i>	8 BREAKFAST English Muffin Sandwich LUNCH 1 BBQ Pork Sandwich Coleslaw 2 Spicy Chicken Sandwich 3 Pizza 4 Spicy Chicken Salad Corn <i>Baked Beans</i> <i>Fresh Apples or Oranges</i>	9 BREAKFAST Pancakes Griddle Sandwich LUNCH 1 Domino's Pizza 2 Cranberry Mandarin Grilled Chicken Salad Homemade Cookie Day <i>Green Beans</i> <i>Veggie Tray</i> <i>Chilled Sliced Peaches</i> <i>Fresh Apples or Oranges</i>	10 BREAKFAST Biscuit, Chicken Sandwich LUNCH 1 Cheese Quesadillas 2 Cheeseburger 2 Pizza 3 Taco Salad Tossed Salad <i>Refried Beans</i> <i>Chilled Pears</i> <i>Fresh Apples or Oranges</i>	11 BREAKFAST Croissant Sandwich Yogurt Parfait LUNCH 1 Chicken Tetrazzini Honey Wheat Bread Stick 2 Italian Meatball Sandwich 3 Pizza 4 Spicy Chicken Salad <i>Steamed Carrots</i> <i>Fresh Apples or Oranges</i>
14 BREAKFAST Yogurt Parfait LUNCH 1 Mac & Cheese & WG Roll 2 Cheeseburger on WG Bun 3 Pizza 4 Grilled Harvest Apple Chicken Salad <i>Steamed Carrots</i> <i>Mandarin Oranges</i> <i>Fresh Apples or Oranges</i>	15 BREAKFAST English Muffin Sandwich LUNCH 1 Mozzarella Dippers 2 Chicken Sandwich 3 Pizza 4 Spicy Chicken Salad <i>Steamed Broccoli</i> <i>Baked Beans</i> <i>Fresh Apples or Oranges</i>	16 BREAKFAST Pancakes Griddle Sandwich LUNCH 1 Domino's Pizza 2 Cranberry Grilled Chicken Salad 3 *Chicken Noodle Soup* Homemade Cookie Day <i>Green Beans</i> <i>Veggie Tray</i> <i>Chilled Sliced Peaches</i> <i>Fresh Apples or Oranges</i>	17 BREAKFAST Biscuit, Sausage, Cheese Sandwich LUNCH 1 Nacho Supreme 2 Pizza 3 Taco Salad <i>Refried Beans</i> <i>Chilled Pears</i> <i>Fresh Apples or Oranges</i>	18 BREAKFAST Cinnamon Rolls Yogurt Parfait LUNCH 1 Chicken 'N Gravy w/ WG Biscuit and Mashed Potatoes 2 Hot Dogs on a WG Bun 3 Pizza 4 Spicy Chicken Salad <i>Steamed Corn</i> <i>Fresh Apples or Oranges</i> Teacher In-Service Early Dismissal
21 BREAKFAST Yogurt Parfait LUNCH 1 Chicken Fajitas 2 Pizza 3 Grilled Chicken Salad <i>Refried Beans</i> <i>Chilled Pears</i> <i>Fresh Apples or Oranges</i>	22 BREAKFAST English Muffin Sandwich LUNCH 1 Corn Dog Nuggets 2 Chicken Philly on Ciabatta Roll 3 Pizza 4 Spicy Chicken Salad <i>Steamed Broccoli</i> <i>Baked Beans</i> <i>Fresh Apples or Oranges</i>	23 BREAKFAST Pancake Griddle Sandwich LUNCH 1 Domino's Pizza 2 Cranberry Mandarin Grilled Chicken Salad Homemade Cookie Day <i>Green Beans</i> <i>Veggie Tray</i> <i>Chilled Sliced Peaches</i> <i>Fresh Apples or Oranges</i>	24 BREAKFAST Biscuit, Chicken Sandwich LUNCH 1 Nacho Supreme 2 Pizza 3 Taco Salad <i>Refried Beans</i> <i>Green Beans</i> <i>Chilled Pineapple</i> <i>Fresh Apples or Oranges</i>	<h2>Fall Break No School</h2>
28 BREAKFAST Yogurt Parfait LUNCH 1 Spanish Fried Rice w/ Beef & Bread Stick 2 Cheeseburger on WG Bun 3 Pizza 4 Grilled Harvest Apple Chicken Salad Corn Chilled Peaches <i>Fresh Apples or Oranges</i>	29 BREAKFAST English Muffin Sandwich LUNCH 1 Chicken Nuggets WG Dinner Roll 2 Chicken Sandwich 3 Pizza 4 Spicy Chicken Salad <i>Steamed Broccoli</i> <i>Baked Bean</i> <i>Fresh Apples or Oranges</i>	30 BREAKFAST French Toast Sticks LUNCH 1 Domino's Pizza 2 Cranberry Grilled Chicken Salad Homemade Cookie Day <i>Veggie Tray</i> <i>Chilled Sliced Pears</i> <i>Fresh Apples or Oranges</i>	31 BREAKFAST Biscuit, Sausage, Cheese Sandwich LUNCH 1 Turkey, Mashed Potatoes, Squash & WG Dinner Roll 2 Cheeseburger 3 Pizza 3 Veggie Salad <i>Steamed Carrots</i> <i>Chilled Pears</i> <i>Fresh Apples or Oranges</i>	

Grab & Go Breakfast Served Daily

Key: WG = Whole Grain. Milk Choice includes: 1% White, & Skim Chocolate

Student Breakfast \$1.95. Student Reduced Breakfast is Free. Paid Student Lunch \$3.00. Student Reduced Lunch .40 Cents.

All meals include ½ pint of milk. Breakfast is served 7:20 a.m.-7:40 a.m. Monday thru Friday. All Hot breakfast sandwiches have egg & cheese or cheese & meat (sausage, or ham). Meat choice in breakfast sandwiches changes daily. Other Breakfast Choice: PBJ, WG Banana Bread, WG Chocolate Donuts, and WG Breakfast Bars, Yogurt, String Cheese are served with Fruit, Fruit Juice and Milk.

This institution is an equal opportunity provider.