



POWER UP
FRESH, LOCAL, DELICIOUS

Available With All Meals:

- Variety of Fruits & Vegetables
- Nonfat, 1%, Nonfat Chocolate Milk, Soy Milk or Lactose Free Milk



LOVE kids and LOVE food? We would LOVE to have you work for us! Nutrition services is hiring for substitutes to help prepare and serve meals to students all over the district. Work usually takes place in the middle of the day, so if you are looking for a way to get involved while your child is in school we might be the perfect fit! Head to spokaneschools.org/meals and click "Join Our Team" to apply!

October 1

Thai Chicken with Steamed Brown Rice

4 Chicken Quesadilla with Spanish Rice	5 Potato Wedge Nachos	6 Korean Beef with Chow Mein	7 Chicken Biscuit Sandwich	8 No School
11 Burrito Bowl	12 Pasta and Meat Sauce with Garlic Bread	13 Sweet & Sour Chicken with Chow Mein	14 100% Beef Hotdog	15 Chicken Tikka Masala with Steamed Brown Rice
18 Chicken Parmesan with Garlic Bread	19 Chicken Corndog	20 Teriyaki Chicken Noodle Bowl	21 Pancake, Sausage, Egg, and Cheese Breakfast Sandwich	22 Thai Chicken with Steamed Brown Rice
25 Meatball Sandwich	26 Buffalo Chicken Mac and Cheese	27 Korean Beef with Chow Mein	28 Chicken Biscuit Sandwich	29 Orange Chicken with Steamed Brown Rice

Daily Lunch Options

Pizza Rita Variety
Grab and Go Salads
Cheeseburger

Nachos
Black Bean Burger
Baked French Fries

October 2021 High School Menu

Menus are subject to change
 Symbol shows vegetarian option
 This institution is an equal opportunity provider

Breakfast choices offered every day! Items like hot breakfast sandwiches, breakfast bars, bagels, and parfaits available with low fat milk and fruit or juice to help your get ready for your day.



Spokane Public Schools
excellence for everyone