



# OCTOBER - 2022

## HOOKS HIGH & JUNIOR HIGH SCHOOL – LUNCH MENU

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>3</b> Catfish Strips/Roll BBQ Pork Sandwich Pinto Beans Oven Fries Chilled Fruit *Choice of Milk	<b>4</b> Cheeseburger Turkey/Cheese on Bun Sandwich Fixings Baked Beans Curly Fries Chilled Fruit *Choice of Milk	<b>5</b> Chicken Chunks Steak Fingers Mashed Potatoes Green Beans Wheat Roll/Gravy Chilled Fruit *Choice of Milk	<b>6</b> Taco Soup/Cornbread Corn Dog Garden Salad/Ranch Tator Tots Chilled Fruit *Choice of Milk	<b>7</b> Pepperoni Pizza Grilled Cheese Garden Salad/Ranch Sweet Corn Chilled Fruit Something Sweet *Choice of Milk
<b>10</b>  STUDENT HOLIDAY	<b>11</b> <b>Spaghetti/Meat Sauce</b> <b>Chicken &amp; Spaghetti</b> <b>Garden Salad/Ranch</b> <b>Glazed Carrots</b> <b>Garlic Bread</b> <b>Chilled Fruit</b> <b>*Choice of Milk</b>	<b>12</b> BBQ Pork on Bun Hamburger/Cheese Burger Fixings Baked Chips Baked Beans Chilled Fruit *Choice of Milk	<b>13</b> <b>Sloppy Joe Sandwich</b> <b>Turkey &amp; Cheese/Bun</b> <b>Sandwich Fixings</b> <b>Mexican Beans</b> <b>Tator Tots</b> Chilled Fruit *Choice of Milk	<b>14</b> Mega Meat Pizza Grilled Cheese Veggie Cup/Ranch Sweet Corn Chilled Fruit *Choice of Milk
<b>17</b> Super Nachos Beef/Bean Burrito Cheese Sauce/Salsa Spanish Rice Refried Beans Chilled Fruit *Choice of Milk	<b>18</b> <b>Orange Chicken</b> Meatballs/Brown Gravy Steamed Rice California Blend Blackeyed Peas Whole Wheat Roll Chilled Fruit *Choice of Milk	<b>19</b> <b>Steak Fingers</b> <b>Chicken Nuggets</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Country Gravy/Roll</b> Chilled Fruit *Choice of Milk	<b>20</b> <b>Beef Goulash</b> <b>Chicken Alfredo</b> <b>Sweet Peas</b> <b>Glazed Carrots</b> <b>Garlic Bread Sticks</b> Chilled Fruit *Choice of Milk	<b>21</b> Breaded Fish Sticks/Roll Rib Pattie on Bun Oven Fries Pinto Beans Something Sweet! Chilled Fruit *Choice of Milk
<b>24</b> Breaded Chicken Legs Meatloaf Mashed Potatoes Wheat Roll/Gravy Green Beans Chilled Fruit *Choice of Milk	<b>25</b> <b>Chicken Crisпитos</b> <b>Bean &amp; Beef Burritos</b> <b>Cheese Sauce/Salsa</b> <b>Spanish Rice/G. Salad</b> <b>Refried Beans</b> Chilled Fruit *Choice of Milk	<b>26</b> Sloppy Joe Sandwich Hot Turkey/Cheese/Bun Garden Salad/Ranch Ranch Beans Chilled Fruit *Choice of Milk	<b>27</b> Taco Bowl Corn Dog Garden Salad/Ranch Tator tots Chilled Fruit *Choice of Milk	<b>28</b> <b>Hamburger/Cheese</b> <b>Chicken Sandwich</b> <b>Sandwich Fixings</b> <b>Baked Chips</b> <b>Baked Beans</b> <b>Chilled Fruit</b> <b>*Choice of Milk</b>
<b>31</b> BBQ Pork Sandwich Sloppy Joe Curly Fries Baked Beans Chilled Fruit *Choice of Milk		MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE!	MILK SERVED:  1% White 1% Chocolate	

This institution is an equal opportunity provider.