



# HIGH SCHOOL OCTOBER 2024

Lynden School District

Please be aware that  
**Only Elementary  
Meals are free!**  
You are responsible to have  
money on your student's account.

If there is a need,  
Free & Reduced Applications  
are available in your student's  
school office and District Office.

Please fill out **completely** and we  
will process the application.

**Monday, Sept 30**


Rice Bowl  
Pizza Bar  
Sub Sandwich Bar

Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate  
Milk

**Tuesday, Oct 1**

Pasta Bar  
Pizza Bar  
Sub Sandwich Bar

Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate  
Milk



**Wednesday, Oct 2**

Fiesta Bar  
Burger Bar  
Corn Dog  
Sub Sandwich Bar

Fruit & Veggies Bar  
1% White Milk  
Non-fat Chocolate  
Milk

LATE ARRIVAL

**Thursday, Oct 3**

Spud Bowl  
Pizza Bar  
Sub Sandwich Bar

Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate  
Milk

EARLY RELEASE  
6-8TH ONLY

**Friday, Oct 4**

Max Cheese Sticks  
w/ Caesar Salad  
Burger Bar  
Sub Sandwich Bar

Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate  
Milk

EARLY RELEASE  
6-8TH ONLY

**Monday, Oct 7**

**WAIVER  
DAY  
NO  
SCHOOL**



**Tuesday, Oct 8**

Pasta bar  
Pizza Bar  
Sub Sandwich Bar

Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate  
Milk

**Wednesday, Oct 9**

Fiesta Bar  
Burger Bar  
Chicken Nuggets  
Sub Sandwich Bar

Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate  
Milk

LATE ARRIVAL

**Thursday, Oct 10**


Spud Bowl  
Pizza Bar  
Sub Sandwich Bar

Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate  
Milk

**Friday, Oct 11**

Chicken & Waffles  
Burger Bar  
Sub Sandwich Bar

Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate  
Milk



## Available Daily

**Garden Bar**  
Vegetables offered may include:  
Carrots  
Broccoli  
Cucumbers  
Cauliflower,  
Celery  
Variety of mixed greens.

Fruit offered may include:  
Apples  
Oranges  
bananas,  
peaches  
Pears  
Strawberries  
Applesauce  
Pineapple  
Grapes

WG = Whole Grain



## BREAKFAST CHOICES MAY INCLUDE:

WG Granola Bar, WG Breakfast Pizza,  
WG Breakfast Cookie, WG Muffin,  
WG Cinnamon Roll, Pancake on a Stick,  
WG Maple Bar, WG Poptart  
and variety of WG Cereals  
100% Juice/Fresh Fruit  
1% white milk  
Non fat Chocolate Milk

This institution is an equal  
opportunity provider

**MENU SUBJECT TO CHANGE**



Monday, Oct 14	Tuesday, Oct 15	Wednesday, Oct 16	Thursday, Oct 17	Friday, Oct 18
<p>Rice Bowl Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggies Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Pasta Bar Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggies Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Fiesta Bar Corn Dog Burger Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p> <p>LATE ARRIVAL</p>	<p>Spud Bowl Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Chili w/cinnamon roll Burger Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>

**Sub Sandwich Bar  
Made To Order**



Choice of the following on  
an assortment of  
Whole grain breads:

- Turkey/Ham
- Cheeses
- Lettuce
- Tomatoes
- Onions
- Peppers
- Olives
- Pickles
- cucumbers

Monday, Oct 21	Tuesday, Oct 22	Wednesday, Oct 23	Thursday, Oct 24	Friday, Oct 25
<p>Rice Bowl Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggies Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Pasta Bar Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Fiesta Bar Chicken Nuggets Burger Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p> <p>LATE ARRIVAL</p>	<p>Spud Bowl Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Spicy Chicken Wings &amp; potato wedges Burger Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>

Monday, Oct 28	Tuesday, Oct 29	Wednesday, Oct 30	Thursday, Oct 31	Friday, Nov 1
<p>Rice Bowl Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggies Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Pasta Bar Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Fiesta Bar Chicken Nuggets Burger Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p> <p>LATE ARRIVAL</p>	<p>Spud Bowl Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Spider Waffle Sausage Egg/Hashbrowns Burger Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit &amp; Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>

Happy  
Halloween

