



OCTOBER 2024

Connetquot High School Lunch

EARN AS YOUR STUDENT LEARNS!!
<https://www.olasjobs.org/JobDetailsjob>
Number=CNTN028248

Meal Price Student: FREE Adult: \$5.00

Monday

Tuesday

Wednesday

Thursday

Friday

LTO: Limited Time Offering
Cheesy Choriza Enchilada
Bake

1
Chicken Nuggets
French Fries

2
Cheesy Bread
Sticks
Marinara sauce
Broccoli

3
SCHOOL CLOSED

4
SCHOOL CLOSED

7
LTO
or Dutch Waffle
Turkey Sausage
Carrots

8
LTO
General Tso
Chicken
Beans

9
LTO
Or Mozzarella
Sticks
Broccoli

10
Grilled Chicken
Vegetable Fried
Rice

11
Meatball Sub
Red Peppers

14
SCHOOL CLOSED

15
Crispy Chicken Cesar
Wrap
Beans

16
General Tso
Chicken
Broccoli

17
Buffalo Chicken
Mac & Cheese
Red Peppers

18
Meatball Sub
Carrots

21
Mozzarella
Sticks
Carrots

22
Grilled Chicken
Vegetable Fried
Rice

23
Chicken Nuggets
Beans

24
General Tso
Chicken
Broccoli

25
Meatball Sub
Red Peppers

28
French Toast
Sticks
Turkey Sausage
Carrots

29
Mini Corn Dogs
Tator Tots

30
Cheesy Bread
Sticks Marinara
Sauce
Broccoli

31
Buffalo Chicken
Mac & Cheese
Red Peppers



Daily Offerings: Taco Bar. Hamburger or Cheeseburger. Salad Bar. Caesar Salad. Popcorn Chicken. Pizza. Parfaits.

Deli Bar: Build your own Sandwich: Crispy Chicken Patty, Ham, Turkey, American or Mozzarella Cheese. Assorted Vegetable Toppings. WG Rich Breads, Wraps and Rolls

All Meals Served with Fresh Vegetables of the Day, Fresh Fruit & 100% Fruit Juice

Choice of Milk

