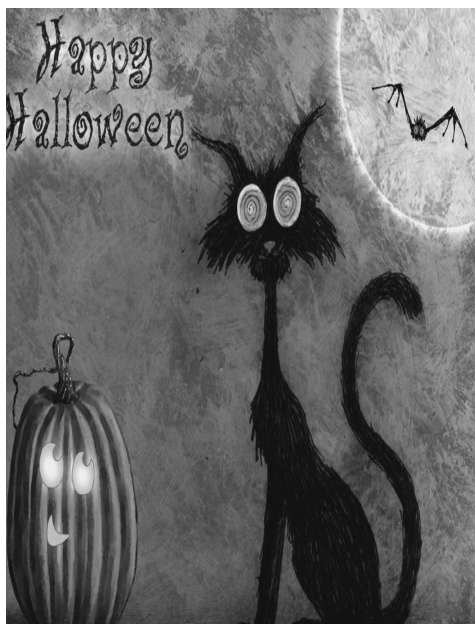


LUNCH

Meal Prices

Student-Full Pay-High School	2.90
Student-Full Pay-Middle	2.80
Student-Full Pay-Elementary	2.65
Student-Reduced Price	.40
Adult Price	3.60
Extra Milk	.40



*Milk is Served with
Every Meal.*

USD 489 Nutrition Services
Jessica Younker, Director
323 W. 12th St.
Hays KS 67601

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Fish Filet Curly Fries Glazed Carrots Orange Wedges Roll	3 Lasagna (HHS/HMS) Hamburger (Elem) Garden Blend Veggies Tossed Salad Tater Tots (Elem) Pineapple Tidbits	4 Beef Fritter Mashed Potatoes & Gravy Calif. Mixed Veggies Grapes Breadstick	5 Crispito Refried Beans Corn Fresh Pears	6 Oktoberfest Bierock Au Gratin Potatoes Green Beans Frozen Fruit Kuchen
9 No School	10 Boneless Chicken Wings Baked Beans Baby Carrots Fruit Salad Chunks Roll	11 Italian Dunkers Romaine Salad Peas & Carrots Strawberries & Bananas	12 Super Nachos Spanish Rice Corn Apple Wedges	13 Mac & Cheese Little Smokies Broccoli & Cauliflower Kiwi Breadstick
16 Steak Fingers Mashed Potatoes & Gravy Green Beans Rosy Applesauce Roll	17 Ham & Cheese Sandwich Sweet Potato Fries Cheesy Broccoli Banana	18 Spaghetti & Meat Sauce Spinach Salad Sliced Carrots Pears Garlic Toast	19 Hot Dog/Chili Dog Baked Beans Peas Peaches	20 Cheese Sandwich Vegetable Soup Calif. Blend Veggies Frozen Mixed Fruit
23 Chicken & Noodles Mashed Potatoes Mixed Vegetables Pineapple Breadstick	24 BBQ Pork Sandwich Pasta Salad Cheesy Cauliflower Orange Wedges	25 Corn Dog Curly Fries Glazed Carrots Tropical Fruit Salad	26 No School	27 No School
30 Chicken Strips Seasoned Rice Peas Fruit Salad Chunks	31 Pizza Romaine Salad Garden Blend Veggies Mandarin Oranges Halloween Treat			

USD 489