



# Bridgeport High School Menu October



| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <p>2</p> <p>Hot and Spicy Chicken Tenders<br/>WG Texas Toast<br/>French Cut Buttery Green Beans</p>                    | <p>3</p> <p>Taco Bar with all the Fixin's<br/>Tostitos Walking Taco<br/>Refried Beans<br/>Brown Rice<br/>Salsa<br/>Assorted Fruit Juices</p>                                  | <p>4</p> <p>Spicy Jerk Chicken Sliders<br/>Sweet Plantains</p>  | <p>5</p> <p>General Taos Chicken<br/>Vegetable Eggroll<br/>Stir Fried Broccoli<br/>Assorted Fruit Juice</p>  | <p>6</p> <p>Sal's Cheese Pizza<br/>Veggie Juice<br/>Fresh Garden Salad</p>   |
| <p>9</p> <p>Italian Heritage Day </p> | <p>10</p> <p>Sloppy Joe Baked Potato Bar<br/>With all the Fixin's<br/>Sweet Carrots<br/>Assorted Fruit Juice</p>  | <p>11</p> <p>Breaded Chicken Drumstick<br/>WG Twisted Bread Stick<br/>Collard Greens</p>  | <p>12</p> <p>Curried Chicken over Brown Rice<br/>Cauliflower<br/>Assorted Fruit Juices</p>   | <p>13</p> <p>Stuffed Crust Cheese Pizza<br/>Veggie Juice<br/>Fresh Garden Salad</p>  |
| <p>16</p> <p>WG Macaroni and Cheese<br/>WG Texas Toast<br/>Broccoli Bites</p>  | <p>17</p> <p>Mozzarella Sticks<br/>WG Bread Stick<br/>Marinara Dipping Sauce<br/>Fiesta Corn<br/>Assorted Fruit Juice</p>   | <p>18</p> <p>Rice and Beans with Grilled Chicken<br/>Strips<br/>Sautéed Spinach</p>   | <p>19</p> <p>Meatball Grinder with Marinara Sauce<br/>WG Grinder Roll<br/>Buttery Cauliflower</p>  | <p>20</p> <p>Buffalo Chicken Pizza<br/>Vegetable Juice<br/>Fresh Garden Salad</p>  |
| <p>23</p> <p>Chicken Cordon Blue<br/>Brioche Bun<br/>Waffle Cut Sweet Potatoes</p>                                     | <p>24</p> <p>Chicken Burrito Bar with all the Fixin's<br/>Black Beans<br/>Assorted Fruit Juice</p>  | <p>25</p> <p>Chicken Tempura Nuggets<br/>WG Texas Toast<br/>Broccoli Slaw</p> <p style="text-align: center;"><b>One Session Day</b></p>   | <p>26</p> <p>Beef Tacos served over a Taco Boat<br/>Fiesta Rice<br/>Sweet Corn<br/>Assorted Fruit Juice</p>  | <p>27</p> <p>BBQ Cheese Pizza<br/>Veggie Juice<br/>Fresh Garden Salad</p>  |
| <p>30</p> <p>Steak Bar<br/>WG Grinder Roll<br/>Cheese Sauce, Sautéed Mushrooms<br/>and Onions<br/>Broccoli</p>         | <p>31</p> <p>Sloppy Joe with Tostitos Scoops<br/>Fiesta Corn<br/>Assorted Fruit Juice</p>  | <p style="text-align: center;"><b>Daily Offerings</b></p> <ul style="list-style-type: none"> <li>• 1% White &amp; Skim Chocolate Milk</li> <li>• Assorted Fresh fruit and Cupped Fruit</li> <li>• Seasonal Vegetables with Hummus</li> </ul> <p>Check out our made to Order Deli Bar!</p> | <p style="text-align: center;"><b>Grill Offerings:</b></p> <ul style="list-style-type: none"> <li>• Spicy Chicken Patty Served Daily</li> <li>• Cheeseburgers Served Tuesdays and Thursdays</li> <li>• Hot Dogs served Wednesday</li> <li>• Grilled Chicken served on Fridays</li> </ul> | <p style="text-align: center;"><b>Get your Green on:</b></p> <p>Mon- Chef Salad<br/>Tue- Caesar Salad<br/>Wed- Garden Salad<br/>Thur- Cobb Salad<br/>Fri- Garden Salad with Fresh Tuna Salad</p>  |