

OCTOBER 2024 SUSSEX TECHNICAL HIGH

MENU SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
	Stuff crust pizza Baked beans Pears	Wings/Boneless wing <mark>s 2</mark> Ww Dinner roll Broccoli Mixed fruit	Shrimp poppers Macaroni & cheese Green beans Peaches	Mozzarella sticks Marinara cup Carrots Assorted fruit
Domino's Pizza day Mixed vegetables Applesauce	Pretzel dog Cheesy broccoli Fritos Pears	Beef nachos/walking Dorito Cheese, salsa, lettuce Corn Mixed fruit	Mike's cheese bites Marinara cup Carrots Peaches	NO 1
NO SCHOOL	Pizza crunchers Marinara cup Peas Pears	Orange chicken Fried rice Broccoli Mandarin oranges	French toast Sausage Hash brown Peaches	Chicken tenders Ww dinner roll Baked beans Assorted fruit
Domino's Pizza day peas Applesauce	Corn dog Onion rings mixed vegetables Pears	Popcorn chicken Biscuit Mashed potatoes Broccoli Mixed fruit	Cheeseburger Ww bun Fritos Baked beans, Pickles Peaches	Maxi stix Marinara cup Carrots Assorted fruit
Buffalo chicken or Cheese pizza Fritos Mixed vegetable Applesauce	Quesadilla 29 Salsa Refried beans Pears	Rotini w/meat sauce 30 Breadstick Carrots Mixed fruit	Chicken tenders Ww dinner roll Broccoli Peaches	

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Daily offerings: PB&J Uncrustable,
Sandwiches: Turkey & cheese, Italian combo, Wraps

Salads: Chef, Caesar

Assorted Fresh Fruit, Assorted Cold Vegetables 100% fruit juice, 1% white milk, Fat Free chocolate milk