



# OCTOBER | 2017

## East Holmes Local Schools

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <b>2</b> Toasted Cheese Sandwich – 28 w/ Cup of Chili – 15<br>2. PBJ Lunch - 47<br>3. Yogurt Lunch – 55<br>4. Pepperoni Pizza - 38<br>Cucumber Sticks – 3<br>Applesauce Cup – 14<br>*Choice of Milk | <b>3</b> 1. Mozzarella Stuffed Breadsticks w/ Marinara Sauce – 40<br>2. PBJ Lunch - 47<br>3. Yogurt Lunch – 55<br>Tossed Salad – 4<br>Mixed Fruit – 16<br>*Choice of Milk                               | <b>4</b> 1. Stuffed Crust Pizza – 38<br>2. PBJ Lunch – 47<br>3. Yogurt Lunch - 55<br>Green Beans - 4<br>Applesauce Cup – 14<br>*Choice of Milk   | <b>5</b> 1. Walking Tacos – 45<br>2. PBJ Lunch – 47<br>3. Yogurt Lunch – 55<br>Fiesta Corn & Black Beans – 20<br>Mixed Fruit – 16<br>*Choice of Milk                                      | <b>6</b> 1. Popcorn Chicken w/ Gingerbread – 25<br>2. PBJ Lunch – 47<br>3. Yogurt Lunch – 55<br>Mashed Potatoes w/ Gravy – 21<br>Strawberries – 22<br>*Choice of Milk               |
| <b>9</b> 1. Chicken & Noodles – 22 w/ Biscuit – 22<br>2. PBJ Lunch - 47<br>3. Yogurt Lunch – 55<br>4. 4 Meat Pizza - 36<br>Green Beans – 4<br>Fresh Grapes – 15<br>*Choice of Milk                  | <b>10</b> 1. Mini Corn Dogs – 30<br>2. PBJ Lunch – 47<br>3. Yogurt Lunch – 55<br>Mixed Vegetables – 9<br>Garden Salad – 4<br>Fresh Apples – 12<br>*Choice of Milk                                       | <b>11</b> 1. Stuffed Crust Pizza – 38<br>2. PBJ Lunch – 47<br>3. Yogurt Lunch - 55<br>Herbed Broccoli & Carrots – 8<br>Applesauce Cup – 14<br>*Choice of Milk  | <b>12</b> 1. Chicken Patty Sandwich - 40<br>2. PBJ Lunch – 47<br>3. Yogurt Lunch – 55<br>Fixin Bar – 9<br>Baked Beans – 29<br>Diced Peaches - 16<br>*Choice of Milk                       | <b>13</b> 1. Macaroni & Cheese – 22 w/ Slice of Ham - 1<br>2. PBJ Lunch – 47<br>3. Yogurt Lunch – 55<br>4. BBQ Chicken Pizza - 38<br>Steamed Peas & Carrots – 11<br>*Choice of Milk |
| <b>16</b> 1. American Steakburgers - 24<br>2. PBJ Lunch - 47<br>3. Yogurt Lunch - 55<br>Fixin Bar - 9<br>French Fries - 27<br>Diced Pears - 16<br>*Choice of Milk                                   | <b>17</b> 1. Boneless Wings – 15 w/Sauce - 18<br>2. PBJ Lunch – 47<br>3. Yogurt Lunch - 55<br>Country Trio Vegetables – 9<br>Peach Cups – 19<br>*Choice of Milk   | <b>18</b> 1. Stuffed Crust Pizza – 38<br>2. PBJ Lunch – 47<br>3. Yogurt Lunch - 55<br>Green Beans - 4<br>Applesauce Cup – 14<br>*Choice of Milk  | <b>19</b> 1. Hotdog on a Bun - 21<br>2. PBJ Lunch - 47<br>3. Yogurt Lunch - 55<br>4. Sloppy Joe - 34<br>French Fries – 27<br>Creamy Cole Slaw – 7<br>Fresh Apples – 12<br>*Choice of Milk | <b>20</b> Teacher In-Service Day – No School for Students   |
| <b>23</b> 1. Chicken Nuggets - 16 w/ Dinner Roll – 14<br>2. PBJ Lunch - 47<br>3. Yogurt Lunch – 55<br>Mashed Potatoes w/ Gravy – 21<br>Strawberries & Bananas – 19<br>*Choice of Milk               | <b>24</b> 1. Toasted Cheese Sandwich – 28 w/ Cup of Chili – 15<br>2. PBJ Lunch - 47<br>3. Yogurt Lunch – 55<br>4. Pepperoni Pizza - 38<br>Cucumber Sticks – 3<br>Applesauce Cup – 14<br>*Choice of Milk | <b>25</b> 1. Mozzarella Stuffed Breadsticks w/ Marinara Sauce – 40<br>2. PBJ Lunch - 47<br>3. Yogurt Lunch – 55<br>Tossed Salad – 4<br>Mixed Fruit – 16<br>*Choice of Milk   | <b>26</b> 1. Stuffed Crust Pizza – 38<br>2. PBJ Lunch – 47<br>3. Yogurt Lunch - 55<br>Green Beans - 4<br>Applesauce Cup – 14<br>*Choice of Milk   | <b>27</b> 1. Walking Tacos – 45<br>2. PBJ Lunch – 47<br>3. Yogurt Lunch – 55<br>Fiesta Corn & Black Beans – 20<br>Mixed Fruit – 16<br>*Choice of Milk                               |
| <b>30</b> 1. Popcorn Chicken w/ Gingerbread – 25<br>2. PBJ Lunch – 47<br>3. Yogurt Lunch – 55<br>Mashed Potatoes w/ Gravy – 21<br>Strawberries – 22<br>*Choice of Milk                              | <b>31</b> 1. Chicken & Noodles – 22 w/ Biscuit – 22<br>2. PBJ Lunch - 47<br>3. Yogurt Lunch – 55<br>4. 4 Meat Pizza - 36<br>Green Beans – 4<br>Fresh Grapes – 15<br>*Choice of Milk                     | <div style="border: 1px solid black; padding: 5px;"> <p>Hiland is offering additional choices on Line 2 so make sure you check with the kitchen staff to know what is going to be available tomorrow. We also offer a different specialty salad every week.</p> </div> |   |   |

### **Breakfast is Served**

**Studies show that a hungry student struggles to learn. If breakfast is difficult to fit in at home, we can help! Hiland, Berlin, Chestnut Ridge, Walnut Creek and Winesburg offer the following hot breakfast choices:**

**Monday – Super Bun (Whole Grain High Protein Donut)**

**Tuesday – Sausage Gravy & Biscuits**

**Wednesday – Mini Cinni’s or Fruit Strudel**

**Thursday – Apple Cinnamon Texas Toast**

**Friday – Pancake & Sausage on a Stick**

**A variety of cold options offered daily including yogurt, cheese stick or hard cooked egg.**



# NOVEMBER | 2017

## East Holmes Local Schools

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| <p><i>Hiland 7-12 building also offers additional items on Line 2. Watch for signs in the cafeteria to let you know what is coming up.</i></p>   |  | <p><b>1</b></p> <ol style="list-style-type: none"> <li>Mini Corn Dogs – 30</li> <li>PBJ Lunch – 47</li> <li>Yogurt Lunch – 55</li> <li>Mixed Vegetables – 9</li> <li>Garden Salad – 4</li> <li>Fresh Apples – 12</li> <li>*Choice of Milk</li> </ol>     | <p><b>2</b></p> <ol style="list-style-type: none"> <li>Stuffed Crust Pizza – 38</li> <li>PBJ Lunch – 47</li> <li>Yogurt Lunch – 55</li> <li>Herbed Broccoli &amp; Carrots – 8</li> <li>Applesauce Cup – 14</li> <li>*Choice of Milk</li> </ol>                                  | <p><b>3</b></p> <ol style="list-style-type: none"> <li>Chicken Patty Sandwich – 40</li> <li>PBJ Lunch – 47</li> <li>Yogurt Lunch – 55</li> <li>Fixin Bar – 9</li> <li>Baked Beans – 29</li> <li>Diced Peaches – 16</li> <li>*Choice of Milk</li> </ol>                           |
| <p><b>6</b></p> <ol style="list-style-type: none"> <li>Macaroni &amp; Cheese – 22</li> <li>w/ Slice of Ham - 1</li> <li>PBJ Lunch – 47</li> <li>Yogurt Lunch – 55</li> <li>BBQ Chicken Pizza - 38</li> <li>Steamed Peas &amp; Carrots - 11</li> <li>*Choice of Milk</li> </ol> | <p><b>7</b></p> <ol style="list-style-type: none"> <li>American Steakburgers - 24</li> <li>PBJ Lunch - 47</li> <li>Yogurt Lunch - 55</li> <li>Fixin Bar - 9</li> <li>French Fries - 27</li> <li>Diced Peas - 16</li> <li>*Choice of Milk</li> </ol>                                      | <p><b>8</b></p> <ol style="list-style-type: none"> <li>Boneless Wings – 15</li> <li>w/Sauce - 18</li> <li>PBJ Lunch – 47</li> <li>Yogurt Lunch - 55</li> <li>Country Trio Vegetables – 9</li> <li>Peach Cups – 19</li> <li>*Choice of Milk</li> </ol>    | <p><b>9</b></p> <ol style="list-style-type: none"> <li>Stuffed Crust Pizza – 38</li> <li>PBJ Lunch – 47</li> <li>Yogurt Lunch - 55</li> <li>Green Beans - 4</li> <li>Applesauce Cup – 14</li> <li>*Choice of Milk</li> </ol>  | <p><b>10</b></p> <ol style="list-style-type: none"> <li>Hotdog on a Bun - 21</li> <li>Sloppy Joe - 34</li> <li>PBJ Lunch - 47</li> <li>Yogurt Lunch - 55</li> <li>French Fries – 27</li> <li>Creamy Cole Slaw – 7</li> <li>Fresh Apples – 12</li> <li>*Choice of Milk</li> </ol> |
| <p><b>13</b></p> <ol style="list-style-type: none"> <li>Chicken Nuggets - 16 w/ Dinner Roll – 14</li> <li>PBJ Lunch - 47</li> <li>Yogurt Lunch – 55</li> <li>Mashed Potatoes w/ Gravy – 21</li> <li>Strawberries &amp; Bananas – 19</li> <li>*Choice of Milk</li> </ol>        | <p><b>14</b></p> <ol style="list-style-type: none"> <li>Toasted Cheese Sandwich – 28 w/ Cup of Chili – 15</li> <li>Pepperoni Pizza - 38</li> <li>PBJ Lunch - 47</li> <li>Yogurt Lunch – 55</li> <li>Cucumber Sticks – 3</li> <li>Applesauce Cup – 14</li> <li>*Choice of Milk</li> </ol> | <p><b>15</b></p> <ol style="list-style-type: none"> <li>Mozzarella Stuffed Breadsticks w/ Marinara Sauce – 40</li> <li>PBJ Lunch - 47</li> <li>Yogurt Lunch – 55</li> <li>Tossed Salad – 4</li> <li>Mixed Fruit – 16</li> <li>*Choice of Milk</li> </ol> | <p><b>16</b></p> <ol style="list-style-type: none"> <li>Stuffed Crust Pizza – 38</li> <li>PBJ Lunch – 47</li> <li>Yogurt Lunch - 55</li> <li>Green Beans - 4</li> <li>Applesauce Cup – 14</li> <li>*Choice of Milk</li> </ol>   | <p><b>17</b></p> <ol style="list-style-type: none"> <li>Walking Tacos – 45</li> <li>PBJ Lunch – 47</li> <li>Yogurt Lunch – 55</li> <li>Fiesta Taco Black Beans – 20</li> <li>Mixed Fruit – 16</li> <li>*Choice of Milk</li> </ol>  |
| <p><b>20</b></p> <ol style="list-style-type: none"> <li>Popcorn Chicken w/ Gingerbread – 25</li> <li>PBJ Lunch – 47</li> <li>Yogurt Lunch – 55</li> <li>Mashed Potatoes w/ Gravy – 21</li> <li>Strawberries – 22</li> <li>*Choice of Milk</li> </ol>                           | <p><b>21</b></p> <ol style="list-style-type: none"> <li>Chicken &amp; Noodles – 22 w/ Biscuit – 22</li> <li>PBJ Lunch - 47</li> <li>Yogurt Lunch – 55</li> <li>4 Meat Pizza - 36</li> <li>Green Beans – 4</li> <li>Fresh Grapes – 15</li> <li>*Choice of Milk</li> </ol>                 | <p><b>22</b></p> <ol style="list-style-type: none"> <li>Mini Corn Dogs – 30</li> <li>PBJ Lunch – 47</li> <li>Yogurt Lunch – 55</li> <li>Mixed Vegetables – 9</li> <li>Garden Salad – 4</li> <li>Fresh Apples – 12</li> <li>*Choice of Milk</li> </ol>    | <p><b>23</b></p> <p>No School – Happy Thanksgiving</p> <p>Head out for a thirty minute walk with family after dinner!!</p>  | <p><b>24</b></p> <p>No School</p> <p>Enjoy a great sporting event today – get out early and race against all of those black Friday shoppers!</p>   |
| <p><b>27</b></p> <p>No School</p> <p>If you go out for a walk today make sure you wear bright orange!</p>  | <p><b>28</b></p> <ol style="list-style-type: none"> <li>Stuffed Crust Pizza – 38</li> <li>PBJ Lunch – 47</li> <li>Yogurt Lunch - 55</li> <li>Herbed Broccoli &amp; Carrots – 8</li> <li>Applesauce Cup – 14</li> <li>*Choice of Milk</li> </ol>  | <p><b>29</b></p> <ol style="list-style-type: none"> <li>Chicken Patty Sandwich - 40</li> <li>PBJ Lunch – 47</li> <li>Yogurt Lunch – 55</li> <li>Fixin Bar – 9</li> <li>Baked Beans – 29</li> <li>Diced Peaches - 16</li> <li>*Choice of Milk</li> </ol>  | <p><b>30</b></p> <ol style="list-style-type: none"> <li>Macaroni &amp; Cheese – 22</li> <li>w/ Slice of Ham - 1</li> <li>PBJ Lunch – 47</li> <li>Yogurt Lunch – 55</li> <li>BBQ Chicken Pizza - 38</li> <li>Steamed Peas &amp; Carrots - 11</li> <li>*Choice of Milk</li> </ol> |  |

### News

**The cooler air is creeping in so the kitchen staff is ready to take off that chill with our hot breakfast in the morning! We have hot oatmeal available every day and we will be serving up a new item on Mondays – Caramel Apple Breakfast Pudding.**



**Flaky bread dough coated with egg custard and sprinkled with caramelized apples and topped with a dollop of whipped topping. This is sure to be a wintertime favorite.**