

# What's on the Menu?

October 2023 Orange High School  
Breakfast Menu

## Alternates Offered Daily

- Assorted Muffins
- Bagels
- Cereal
- Breakfast Bars
- Yogurt
- String Cheese
- Parfaits

## Sides

- Sausage Patty/Links OR
- Turkey Bacon
- Home Fries Or
- Grits
- 2 Types Assorted Fresh Fruit
- 100% Assorted Juice

Monday

2  
Turkey Sausage,  
Egg & Cheese  
Sandwich  
  
Turkey Ham &  
Cheese Quesadilla

9  
**SCHOOL  
CLOSED**

16  
Maple Burst Mini  
Pancakes w/ Syrup  
  
Toasty Egg &  
Cheese Sandwich

23  
Whole Grain  
Breakfast Pizza w/  
Turkey Sausage  
  
Turkey Ham &  
Cheese Quesadilla

30  
Cinnamon Glazed  
French Toast Sticks  
  
Turkey Sausage  
Biscuit

Tuesday

3  
Breakfast Pizza w/  
Turkey Sausage &  
Scrambled Eggs  
  
Toasty Egg &  
Cheese Sandwich

10  
Turkey Sausage,  
Egg & Cheese  
Sandwich  
  
Bacon, Egg &  
Cheese Sandwich

17  
Skewered Turkey  
Sausage Pancake  
w/ Syrup  
  
Turkey Sausage  
Biscuit

24  
Turkey Sausage,  
Egg & Cheese on a  
Flaky Biscuit  
  
Bagel & Cheese  
Melt

31  
Southern Style  
Turkey Sausage  
Biscuit Sandwich  
  
Toasty Egg &  
Cheese Sandwich

Wednesday

4  
Golden Brown Mini  
Maple Waffles  
  
Turkey Ham &  
Cheese Quesadilla

11  
Maple Burst Mini  
Pancakes w/ Syrup  
  
Bagel & Cheese  
Melt

18  
Blueberry Bagel w/  
Cream Cheese  
  
Toasty Egg &  
Cheese Sandwich

25  
Golden Brown Mini  
Maple Waffles w/  
Syrup  
  
Turkey Ham &  
Cheese Quesadilla



Thursday

5  
Crispy White Meat  
Chicken Breakfast  
Sandwich  
  
Toasty Egg &  
Cheese Sandwich

12  
Whole Grain Bagel  
w/ Cream Cheese  
  
Bacon, Egg &  
Cheese Sandwich

19  
Breakfast Pizza w/  
Turkey Bacon &  
Scrambled Eggs  
  
Turkey Sausage  
Biscuit

26  
Breakfast Burrito w/  
Eggs, Cheese &  
Turkey Ham  
  
Bagel & Cheese  
Melt



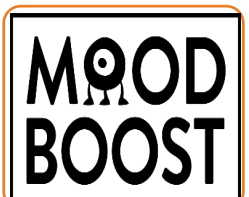
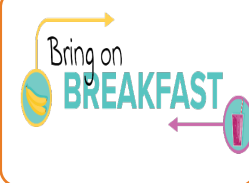
Friday

6  
Whole Grain Bagel  
w/ Cream Cheese  
  
Turkey Ham &  
Cheese Quesadilla

13  
Crispy White Meat  
Chicken Breakfast  
Sandwich  
  
Bagel & Cheese  
Melt

20  
Whole Grain Bagel  
w/ Cream Cheese  
  
Toasty Egg &  
Cheese Sandwich

27  
Turkey Bacon, Egg &  
Cheese Biscuits  
  
Turkey Ham &  
Cheese Quesadilla



All meals served with low fat milk

This institution is an equal opportunity provider.  
Menu subject to change without notice.

Chenille Traylor  
973 677-4000 x41732

chartwells  
serving up happy & healthy

# What's on the Menu?

October 2023  
Orange High School Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

**Protein/Protein  
Substitute  
Fruit  
Vegetable  
Bread/Grain  
Choice of milk**

2  
Smothered Chili  
Cheese Dog Baked  
Beans  
**Bubbly Baked  
Macaroni & Cheese  
Dinner Roll**

3  
Soft Fish Taco  
Cilantro Lime Slaw  
**Mozzarella Sticks  
Marinara Sauce**

4  
**Sweet & Sour  
Chicken or  
Beef**  
Fried Rice  
Cauliflower

5  
**Student Choice**  
**Mac & Cheesyology**  
Buffalo Chicken or  
**Roasted Tomato  
Mac & Cheese**  
Dinner Roll

6  
Beef Meatballs with  
Gravy  
Mashed Potatoes  
**Popcorn Chicken  
Green Beans**

**MAC &  
CHEESY  
OLOGY**

**Deli**  
M - Turkey & Cheese  
T - Turkey Ham &  
Cheese  
W - Italian Hoagie  
Th - Chicken Salad  
F - Tuna Salad

9  
**SCHOOL  
CLOSED  
NO LUNCH  
SERVICE**

10  
Baja Beef Rice Bowl  
Roasted Broccoli  
Florets  
**Roasted Chicken  
Roasted Sweet  
Potatoes**

11  
Chicken Drumsticks  
Peas & Carrots  
Dinner Roll  
**Spaghetti &  
Meatballs**

12  
**Student Choice**  
**Bok Choy**  
Stir Fry Chicken or  
**Beef**  
Brown Fried Rice  
**Roasted Green  
Beans**

13  
Bubbly Baked  
Macaroni & Cheese  
Roasted Vegetables  
Dinner Roll  
Sauteed Spinach  
**Cheesy Breadsticks**

**STUDENT  
CHOICE**  
FOOD YOUR WAY

**Wild Greens**  
M - Caesar Salad  
T - Tuna Salad  
W - Chef Salad  
Th - Egg Salad  
F - BBQ Chicken  
Salad

16  
Jumbo Chicken  
Tenders & Waffles  
Green Beans  
**Baja Rice Bowl  
Mexicali Corn**

17  
Philly Cheese Steak  
Peppers & Onions  
Seasoned Fries  
**Soft Fish Tacos  
Creamy Coleslaw**

18  
Mashed Potato &  
Popcorn Chicken  
Cheddar & Corn  
**Beef Taco  
Roasted Broccoli**

19  
**Student Choice**  
**Chaat House**  
Curried Chicken  
Brown Rice  
Curry Cauliflower  
**Chickpea Chana  
Masala**

20  
Carne Asada  
Cilantro Lime Rice,  
Cheddar, Salsa  
**Chimichurri  
Chicken  
Black Beans**

**All Meals Come  
Complete with  
Choice of  
vegetable, fruit,  
grain and milk**

**2Mato  
Served Daily**  
• Cheese Pizza  
• Pepperoni  
• Specialty Pizza

23  
**Breakfast For Lunch**  
French Toast Sticks  
Potatoes, Turkey  
Sausage  
**Crispy Tenders  
Buffalo Cauliflower**

24  
Arroz Con Pollo  
"Chicken & Rice"  
Green Beans  
**Sautéed Steak  
Peppers & Onions**

25  
NACHOS!!!  
Turkey Taco Meat or  
**Vegetarian Tacos**  
Crispy Corn Chips  
Choice of Toppings

26  
**Student Choice**  
**Made to Melt**  
Turkey Reuben or  
**Mozzarella Roasted  
Vegetable Panini**  
Creamy Coleslaw

27  
Chinese Style Sweet  
& Sour Chicken  
Brown Rice & Glazed  
Carrots  
**The Perfect Sloppy  
Joe & Parmesan  
Potatoes**

*made to  
melt*  
EVERYTHING cheese

**Fresh Grill  
Offered Daily**  
• Hamburger  
• Cheeseburger  
• Chicken Patty

30  
Penne Pasta Italian  
Meat Sauce  
or **Italian Meatballs**  
**Roasted Squash  
Dinner Roll**

31  
Korean Chicken Rice  
Bowl  
Julienne Vegetables  
**Crispy Tenders  
Roasted Broccoli**



**BOK  
CHOW**

**market  
fresh**

**chaat  
HOUSE**  
INDIAN KITCHEN

Chenille Taylor  
973 677-4000 x41732

**chartwells**  
serving up happy & healthy

**All meals served with fruit,  
vegetable and choice of  
lo-fat milk**

*This institution is an equal opportunity provider.  
\*Menu subject to change without notice*