

# August 2017

## High School

### LUNCH



**School Information:** This institution is an equal opportunity provider.  
Menu Subject to change.  
Daily: \$2.80  
Milk: .40 1% White, Skim White, Skim  
Chocolate



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Salad Bar Served Daily

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Must have a serving of fruit or vegetable to make a meal.

Alternate: Burger Bar  
Pizza Hut: Friday

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Personal Pan Pizza  
Garden Peas  
Pears

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French Toast Sticks  
Omelet  
Tri Tators  
Peaches

30

Tacos  
Refried Beans  
Rice  
Mandarin Oranges

31

