

September 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

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



Alternate: Boneless Wings
Breakfast Bar, Rice Bowl, Burger Bar
Pizza Hut: Friday

Grilled Cheese
Tomato Soup
Steamed Broccoli
Mixed Fruit

1

No School

4

Pizza – Wild Mike's
Steamed Broccoli
Peaches

5

Popcorn Chicken
Ketchup and BBQ sauce
Mashed Potatoes
Corn
Butter Buds
Mandarin Oranges

6

Hot Dog / Bun
Chili
Ketchup
Baked Beans
Tator Tots
Mixed Fruit

7

Sloppy Joe / Bun
Fritos
Crinkle Cut Carrots
Applesauce

8

Italian Flat Bread
Marinara Sauce
Garden Peas
Peaches

11

Chicken Quesadilla
Salsa Cup
Refried Beans
Mandarin Oranges

12

Pulled Pork Sandwich
Fritos
Steamed Broccoli
Mixed Fruit

13

Hamburger / Bun
Baked French Fries
Ketchup
Buttered Corn
Applesauce

14

Spaghetti / Meatballs
Green Beans
Bread Sticks
Pears

15

Lasagna Roll Up
Steamed Broccoli
Bread Stick
Mandarin Oranges

18

Chicken Enchilada
Refried Beans
Rice
Mixed Fruit

19

Chicken Patty / Bun
Tator Tots
Green Beans
Applesauce

20

Gilardi Sticks
Marinara Sauce
Garden Peas
Pears

21

No School

22

Cheese Raviolis
Steamed Broccoli
Mixed Fruit

25

Chicken Pot Pie
Smiles
Ice Cream Cup
Applesauce

26

Nacho Grande
Refried Beans
Rice
Peaches

27

Cheeseburger Mac&Chees
Garden Peas
Pears

28

Corn Dog on a Stick
Waffle Fries
Buttered Corn
Mandarin Oranges

29