

September 2018

High School

LUNCH



School Information: This institution is an equal opportunity provider.
Menu subject to change.
Daily: \$2.90
Milk: 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

No School

3

Tuesday

Chicken Patty / Bun
Tater Tots
Baked Beans

4

Wednesday

Wild Mike's Bites
Marinara
Steamed Broccoli

5

Thursday

Lasagna Rollup
Steamed Broccoli
Breadstick

6

Friday

Mini Corn Dogs
Buttered Corn
Fries

7

Mini Cheese Raviolis
Steamed Broccoli
Garlic Bread
Slushie

10

Nacho Grande
Refried Beans
Rice

11

Cheesy Garlic Flatbread
Marinara
Green Beans

12

Cheeseburger Mac and Che
Coined Carrots
Slushie

13

Bosco Sticks
Marinara
Garden Peas

14

Pizza
Green Beans

17

French Dips
Fries
Coined Carrots

18

French Toast Sticks
Syrup
Omelet
Tiny Triangles

19

Grilled Cheese
Tomato Soup
Steamed Broccoli

20

Tacos
Refried Beans
Rice

21

Hamburger / Bun
Fries
Baked Beans

24

Chicken Nuggets
Buttered Corn
Dinner Roll
Fries

25

Pepperoni Stuffed Pocket
Tater Tots
Buttered Peas

26

Spaghetti / Meatballs
Coined Carrots
Ice Cream Cup

27

Pizza Dippers
Marinara
Steamed Broccoli

28



Alternate Choices:
Rice Bowl
Burger Bar
Boneless Wings
Breakfast Bar

