

December 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

Tuesday

Wednesday

Thursday

Friday

7

Cheese Ravioli
Steamed Broccoli
Garlic Bread
Slushie

3

Nacho Grande
Refried Beans
Rice

4

Cheesy Garlic Flatbread
Marinara
Green Beans

5

Cheeseburger Mac + Cheese
Coined Carrots
Slushie

6

No School

14

Personal Pizza
Green Beans

10

French Dip
Fries
Coined Carrots

11

French Toast Sticks
Syrup
Omelet
Tiny Triangles

12

Grilled Cheese
Tomato Soup
Steamed Broccoli

13

Tacos
Refried Beans
Rice

21

Hamburger / Bun
Fries
Baked Beans

17

Spaghetti / Meatballs
Coined Carrots
Ice Cream Cup

18

Pepperoni Pocket
Tater Tots
Garden Peas

19

Type your text here

20

No School

28

No School

24

No School

25

No School

26

No School

27

No School

31

No School



Alternate Choices:
Burger Bar
Boneless Wings
Breakfast Bar

