

High School Lunch Menu

DECEMBER 3-7

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. 1% Milk included with all meals.

COOKING UP A STORM

DIFFERENT EVERY DAY

TRY SOMETHING NEW



- MONDAY** Baked Ziti W. Marinara & Green Beans
- TUESDAY** Open Faced Turkey Sandwich W/ Glazed Carrots
- WEDNESDAY** Salisbury Steak W/ Mashed Potato
- THURSDAY** BBQ Chicken W/ Corn & Corn Biscuit
- FRIDAY** Tomato Soup W/ Grilled Cheese

CHEESY GOODNESS

PEPPERONI

FOUR CHEESE



- MONDAY** Chicken Bacon Ranch
- TUESDAY** Calzone
- WEDNESDAY** BBQ Cook out (Burger/Bacon)
- THURSDAY** Chicken Alfredo
- FRIDAY** Bosco Sticks



EVERY DAY ALL DAY

NACHOS & TACOS

BEEF CHICKEN CHEESE

- MONDAY** Chicken Brown Rice Bowl
- TUESDAY** Walking Tacos
- WEDNESDAY** Chicken Quesadilla
- THURSDAY** Steak Fajitas
- FRIDAY** Build your own Burrito



COOK OUT TIME

Cheese Burger or Spicy Chicken Patty on

Seasoned Wedges or Sweet Potato Fries

- MONDAY** Bacon Cheese Burger
- TUESDAY** BBQ Pulled Turkey
- WEDNESDAY** Chicken & Waffles
- THURSDAY** Hot Dog
- FRIDAY** Chicken Parm on Bun



WEEKLY SPECIALS

Garden Tossed Salad, Turkey & Cheese Sub,

Ham & Cheese, Bread Sticks W/ Salads

- MONDAY** Chicken Caesar
- TUESDAY** Buffalo Chicken Wrap
- WEDNESDAY** Turkey Club on Texas Toast
- THURSDAY** Caesar Salad
- FRIDAY** Totally Tuna Sandwich

This institution is an equal opportunity provider.

Nutrition Information is available upon request.



MADE YOUR WAY

PICK YOUR BREAD

MEAT & CHEESE & TOPPINGS

- MONDAY** Wraps
- TUESDAY** Texas Toast
- WEDNESDAY** Choice of Bread
- THURSDAY** Texas Toast
- FRIDAY** Wraps

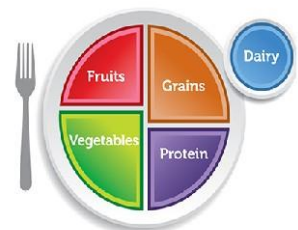


SPECIAL EVENT!!

RICE

Stir-Fried Vegetables

- MONDAY** Teriyaki Chicken
- TUESDAY** Beef & Broccoli StirFry
- WEDNESDAY** Orange Chicken
- THURSDAY** Peppered Steak
- FRIDAY** General Tso's Chicken



Choose **MyPlate**.gov



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