

High School Meal Menu

BREAKFAST MEALS:

Meal includes a choice of one or both of the following:

Chilled 100% Fruit Juice and Choice of Flavored or Unflavored Low Fat Milk

*French Toast Sticks or Pancakes & Sausage	\$1.25
2 Biscuits and a Sausage Patty	\$1.25
2 Biscuits and a Chicken Patty	\$1.25
Breakfast Pizza with a Stuffed Cheese Stick	\$1.25
Sausage in a Pancake and a Cereal Bar	\$1.25
*Choice of Cereal and a Bagel	\$1.25

LUNCH MEALS:

Deli

Meal includes choice of up to 3 of the following:

Baked Chips, Fresh Vegetable Cup, Tossed Salad, Cupped Fruit or Fresh Fruit, Chilled 100% Fruit Juice

Additional Choice of Flavored and Unflavored Low Fat Milk

Turkey and Cheese Hoagie Sliced turkey breast and American cheese served on a hoagie roll	\$2.00
Chicken Caesar Wrap Crispy romaine lettuce blend, chicken strips and parmesan cheese rolled up in a soft tortilla	\$2.00
<i>Monday's & Wednesday's</i> Ham and Cheese Hoagie Sliced Ham and American cheese served on a hoagie roll	\$2.00
*Spinach, Mushroom & Swiss Wrap Fresh spinach, mushrooms and Swiss cheese layered on a soft flour tortilla	\$2.00
<i>Tuesday's & Thursday's</i> Chicken Salad or Tuna Salad Wrap Fresh chicken salad and romaine lettuce wrapped in a soft flour tortilla	\$2.00
*Tomato & Cheese Hoagie Fresh slices of tomato, provolone cheese & romaine lettuce layered on a soft hoagie roll	
<i>Friday's</i> Spicy Chicken Tender Wrap Spicy breaded chicken tenders, cheese & lettuce wrapped in a soft tortilla	\$2.00
*Feta Veggie Wrap Crumbled feta cheese, lettuce, tomato, sunflower seeds and raisins wrapped in a tortilla	\$2.00

*-Vegetarian Choice
(WG)- Whole Grain

Pizza Meals

Meal includes choice of up to 3 of the following:

Baked Chips, Hot Vegetable, Fresh Vegetable Cup, Tossed Salad, Cupped Fruit or Fresh Fruit, Chilled 100% Fruit Juice

Additional Choice of Flavored and Unflavored Low Fat Milk

*UNO Cheese Pizza Famous hand-tossed, restaurant style pizza with 100% mozzarella cheese	\$2.00
UNO Pepperoni Pizza Famous hand-tossed, restaurant style pizza with 100% mozzarella cheese and spicy pepperoni	\$2.00
*Stuffed Crust Cheese Pizza (WG) Hearty slice of mozzarella cheese stuffed crust pizza	\$2.00
Stuffed Crust Pepperoni Pizza (WG) Hearty slice of mozzarella cheese stuffed crust pizza with spicy pepperoni	\$2.00
Fiestada Pizza Meal Personal pizza with southwest flavor	\$2.00

All-American Meals

Meal includes choice of up to 3 of the following:

Tater Tots, Tri-Potatoes or Buffalo Chips, Fresh Vegetable Cup, Tossed Salad, Cupped Fruit or Fresh Fruit,

Chilled 100% Fruit Juice

Additional Choice of Flavored and Unflavored Low Fat Milk

Spicy Chicken Sandwich Hot and spicy chicken patty on a bun offered with lettuce and tomato	\$2.00
Chicken Sandwich Crispy chicken patty on a bun offered with lettuce and tomato	\$2.00
Burger Hamburger or Cheeseburger on a bun offered with lettuce and tomato	\$2.00
Hot Dog Beef/Turkey dog on a bun	\$2.00
Chicken Nuggets Crispy bite-size pieces of chicken served with a roll	\$2.00

Salad Naturals

Meal includes choice of up to 3 of the following:

Baked Chips, Fresh Vegetable Cup, Tossed Salad, Cupped Fruit or Fresh Fruit, Chilled 100% Fruit Juice

Additional Choice of Flavored and Unflavored Low Fat Milk

Chef Salad Crispy blend of lettuce, topped with ham, turkey breast, cheddar cheese, tomatoes, cucumbers and croutons with crackers on the side	\$2.00
*Caesar Salad Crispy romaine lettuce blend, topped with parmesan cheese and croutons with crackers on the side	\$2.00
Chicken Caesar Salad Crispy romaine lettuce blend, topped with chicken strips, parmesan cheese and croutons with crackers on the side	\$2.00

LUNCH MENU Continued

Home-style Menu for Week of 8/18, 9/1, 9/15, 9/29, 10/13, 10/27, 11/10, 11/24, 12/8,

<p><i>Monday's Entrée Choices:</i> Italian Pizzatas Flaky dough stuffed with mozzarella cheese, tomato sauce and pepperoni OR Chicken Fajitas Strips of seasoned chicken, cheese and salsa, served in a soft flour tortilla Meal includes choice of up to 3 of the following: Seasoned Rice, Fresh Vegetable Cup, Chilled Peaches, Chilled 100% fruit juice Additional Choice of Flavored and Unflavored Low Fat Milk</p>	<p>\$2.00</p> <p>\$2.00</p>
<p><i>Tuesday's Entrée Choices:</i> Italian Pasta Savory tomato meat sauce over spaghetti noodles, served with a garlic breadstick OR Gordita Southwest flavored chicken, cheese and salsa, served in soft Gordita bread Meal includes choice of up to 3 of the following: Seasoned Green Beans, Tossed Salad, Chilled Mixed Fruit, Chilled 100% fruit juice Additional Choice of Flavored and Unflavored Low Fat Milk</p>	<p>\$2.00</p> <p>\$2.00</p>
<p><i>Wednesday's Entrée Choices:</i> BBQ Rib Sandwich Pork rib meat in a hickory BBQ sauce, served on a soft hoagie roll OR Tacos Seasoned beef with cheese, served on taco shells or flour tortillas, offered with lettuce and tomato Meal includes choice of up to 3 of the following: Baked Beans, Antipasto Salad, Fresh Vegetable cup, Chilled Pears, Fresh Fruit, Chilled 100% fruit juice Additional Choice of Flavored and Unflavored Low Fat Milk</p>	<p>\$2.00</p> <p>\$2.00</p>
<p><i>Thursday's Entrée Choices:</i> *Macaroni & Cheese Creamy cheese and macaroni noodles together in perfect harmony, served with a southern style biscuit OR BBQ Chicken Chips Spicy BBQ flavored chicken chips, served with a southern style biscuit Meal includes choice of up to 3 of the following: Seasoned California Vegetables, Tossed Salad, Chilled Applesauce, Chilled 100% fruit juice Additional Choice of Flavored and Unflavored Low Fat Milk</p>	<p>\$2.00</p> <p>\$2.00</p>
<p><i>Friday's Entrée Choices:</i> Baked Chicken Crunchy, southern baked chicken, served with a southern style biscuit OR Country Style Steak & Gravy Steak with a crunchy southern style baked breading, served with a southern style biscuit Meal includes choice of up to 3 of the following: Au Gratin Potatoes, Fresh Vegetable cup, Chilled Pineapple, Fresh Fruit, Chilled 100% fruit juice Additional Choice of Flavored and Unflavored Low Fat Milk</p>	<p>\$2.00</p> <p>\$2.00</p>

*-Vegetarian Choice
 (WG)- Whole Grain

Home-style Menu for Week of 8/25, 9/8, 9/22, 10/6, 10/20, 11/3, 11/17, 12/1, 12/15

<p><i>Monday's Entrée Choices:</i> Minh Egg Rolls Crispy, pork and vegetable egg rolls OR Turkey Pot Pie Golden, flaky biscuit served on top of a warm mixture of vegetables and turkey filling Meal includes choice of up to 3 of the following: Broccoli w/wo cheese, Tossed Salad, Chilled Applesauce, Chilled 100% fruit juice Additional Choice of Flavored and Unflavored Low Fat Milk</p>	<p>\$2.00</p> <p>\$2.00</p>
<p><i>Tuesday's Entrée Choices:</i> *Stuffed Cheese Sticks w/wo dipping sauce 100% Mozzarella cheese inside a golden crispy pastry crust OR Pork Lo Mein An Asian favorite! Pork and vegetables in a ginger, soy sauce glaze, served over noodles Meal includes choice of up to 3 of the following: Seasoned Peas, Vegetable Cup, Chilled Mixed Fruit, Chilled 100% fruit juice Additional Choice of Flavored and Unflavored Low Fat Milk</p>	<p>\$2.00</p> <p>\$2.00</p>
<p><i>Wednesday's Entrée Choices:</i> Chicken Parmesean w/ Pasta Crispy chicken topped with a tangy tomato sauce and mozzarella cheese, served over pasta OR Teriyaki Beef Dippers w/Fried Rice Bite sized teriyaki seasoned beef, served with fried rice Meal includes choice of up to 3 of the following: Seasoned Carrots, Tossed Salad, Chilled Pineapple, Fresh Fruit, Chilled 100% fruit juice Additional Choice of Flavored and Unflavored Low Fat Milk</p>	<p>\$2.00</p> <p>\$2.00</p>
<p><i>Thursday's Entrée Choices:</i> Turkey and Gravy Tender turkey in a savory turkey gravy, served with a biscuit OR Beefy Nachos Seasoned beef & cheese sauce served on nacho chips, offered with lettuce & tomato Meal includes choice of up to 3 of the following: Mashed Potatoes w/wo gravy, Fresh Vegetable cup, Chilled Peaches, Chilled 100% fruit juice Additional Choice of Flavored and Unflavored Low Fat Milk</p>	<p>\$2.00</p> <p>\$2.00</p>
<p><i>Friday's Entrée Choices:</i> *Italian Lasagna Tangy tomato sauce, lasagna noodles and ricotta cheese all rolled into one, then topped with mozzarella cheese, served with a garlic breadstick OR Shrimp Poppers Crispy, bite size shrimp, served with a garlic breadstick Meal includes choice of up to 3 of the following: Seasoned Corn, Tossed Salad, Chilled Pears, Fresh Fruit, Chilled 100% fruit juice Additional Choice of Flavored and Unflavored Low Fat Milk</p>	<p>\$2.00</p> <p>\$2.00</p>