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HIGH SCHOOL LUNCH MENU



FRIDAY

MONDAY

MyPlate

Cheese or Pepperoni Pizza

Tossed Salad Corn **Healthy Treat Bags** Peaches or Fresh Fruit Choice Milk

TUESDAY

Open Faced Hot Roast Beef on WG Bread Mashed Potatoes w/ Gravy Carrots

WEDNESDAY

Mousse or Fresh Fruit Choice Milk

Mini Corn Dog

WG Pasta Alfredo

Broccoli Florets

Cucumber Slices

WG Cookie or Fresh Fruit Choice

Milk

Buffalo Chicken Dip w/ WG Tortilla Chips Celery Sticks w/ Ranch Peas

THURSDAY

Pears or Fresh Fruit Choice Milk

Chicken Fajita on WG Tortilla

w/ Cheddar Cheese, Peppers & Onions

Mex Rice

Peas

Com & Black Bean Salad

ot Dog on Pretzel Bun w/ Chili & Cheese Friench Fries Baked Beans Popcorn

Frozen Fruit Swirl or Fresh Fruit Choice Milk

Nacho Supreme w/ Lettuce. Cheese & Salsa Refried Beans Apple Slices or Fresh Fruit Choice Milk

8

Chicken Patty on WG Bun w/ Lettuce & Tomato Curly Fries Carrots Mandarin Oranges or Fresh Fruit Choice Milk

Cheeseburger on WG Bun W/ Lettuce &Tomato Crinkle Cut Fries Lentil Pasta Salad 100% Fruit Punch or Fresh Fruit Choice Milk

Pineapple Tidbits or Fresh Fruit Choice

17

Penne Pasta w/ Meat Sauce Italian Blend **Tossed Salad** WG Garlic Toast Strawberry Cup or Fresh Fruit Choice

BBQ Shredded Beef on WG Bun Tater Tots Coleslaw Peaches or Fresh Fruit Choice Milk

15

over Egg Noodles Stir Fry Vegetables Fresh Pepper Stripes w/ Ranch WG Dinner Roll Fruit Cocktail or Fresh Fruit Choice Milk

Mandarin Orange Chicken

NO SCHOOL

18

NO SCHOOL

NO SCHOOL

WG Pancakes with Sausage Hashbrown Rounds

> Veggie Juice Warm Cinnamon Apple Slices or Fresh Fruit Choice Milk

BBQ Rib Patty on WG Bun Potato Pancakes Baked Beans Frozen Fruit Swirl or Fresh Fruit Choice Milk

Cheese or Pepperoni Pizza Mixed Vegetable Fresh Broccoli w/ Ranch **Healthy Treat Bags** Applesauce or Fresh Fruit Choice 25

Lasagna Roll Up Italian Green Beans **Tossed Salad** WG Bread Stick Fruit Cup or Fresh Fruit Choice Milk

Walking Taco w/ WG Tortilla Chips Lettuce Cheese & Salsa Refried Beans Fresh Pepper Strips w/ Ranch Mandarin Oranges or Fresh Fruit Choice Milk

Meatball Sandwich on WG Roll w/ Mozz Cheese Italian Blend Sliced Cucumbers Apple Slices or Fresh Fruit Choice Milk

Pork Chopette w/ Gravy Mashed Potatoes Peas WG Dinner Roll Gelatin or Fresh Fruit Choice Milk



Lunch Price: Free (CEP)

DAILY LUNCH ITEMS SALAD BAR MTO DELI **GRAB & GO LUNCH**

PIZZA

MILK OFFERED DAILY

low fat white, vanilla, chocolate, strawberry. & nonfat white