



September High School Menu 2017

Revised 8/15/17

This institution is an equal opportunity provider.

We offer 5 food components; students must choose at least 3 food components including 1 fruit or vegetable.

Lunch Prices:

Menus subject to change

Students-\$2.25

Reduced-\$.40

Children not enrolled-\$3.00

Adults-\$3.25. Adult meals are not reimbursed by the government.

Pre-pay at www.MySchoolBucks.com



Not too many years ago, green bell peppers were the only kind of bell peppers sold fresh in America. Now, red, yellow, orange, and even purple bell peppers are common in grocery stores. They all start out the same way – all bell peppers are green when they are immature, and get their color (and sweetness) if allowed to ripen on the vine.



Milk Daily: 0% White & nonfat-low sugar Chocolate and Strawberry. A white soy milk is available for students w/ a note signed by a medical authority.



This symbol indicates that the product is made with Pork.



This symbol indicates that the product is made with Turkey.

This symbol indicates that the item is vegetarian or lacto-vegetarian.

All our grain & bread products at breakfast & lunch are whole-grain rich.©



Monday

Entrées: Choose 1

- Nachos w/ Meat Sauce & Cheese & Salsa
- Choice of Pepperoni or Chz Pizza
- PBJ Sandwich
- Ham & Cheese Salad w/ a Breadstick or Roll

Vegetarian salads available upon request

Veg. 1 c or 2 c leafy: may choose 2 of the same veg. or one of each
Cheesy Beans; Lettuce & Tomato;

Fruit: may choose 2 fruits or 1 fruit & 1 juice. Not 2 juices.

Strawberries; Fresh Fruit; 100% Juice

Tuesday

Entrées: Choose 1

- Asian Chix w/ Sweet & Spicy Rice
- Cheeseburger or Hamburger
- PBJ Sandwich
- Taco Salad w/ Tortilla Chips

Vegetarian salads available upon request

Veg. 1 c: may choose 2 of the same veg. or one of each
Carrots; Broccoli w/ or w/o Cheese

Fruit: may choose 2 fruits or 1 fruit & 1 juice. Not 2 frozen juices.

Peaches; Fresh Fruit; 100% Frozen Juice Cup

Wednesday

Entrées: Choose 1

- Chicken & Waffle
- Choice of Meat Lovers or Cheese Pizza
- PBJ Sandwich
- Ham & Cheese Salad w/ a Breadstick or Roll

Vegetarian salads available upon request

Veg. 1 c: may choose 2 but not 2 Jojo or Spiral
Manager's choice - Jolo Wedges or Spiral Fries; Carrots

Fruit: may choose 2 fruits or 1 fruit & 1 juice. Not 2 juices.

Applesauce; Fresh Fruit; 100% Juice

Thursday

Entrées: Choose 1

- Baked Spaghetti w/ a Breadstick or Roll
- Roasted Chicken or Chicken Wings w/ a Breadstick or Roll
- PBJ Sandwich
- Turkey & Cheese Salad w/ a Breadstick or Roll

Vegetarian salads available upon request

Veg. 1 c: may choose 2 but not 2 Jojo or Spiral
Manager's choice - Jolo Wedges or Spiral Fries; Green Beans

Fruit: may choose 2 fruits or 1 fruit & 1 juice. Not 2 juices.

Pears; Fresh Fruit; 100% Juice

Friday

Entrées: Choose 1

- Rib-B-Q on a Hamburger Bun
- Chicken Alfredo w/ a Breadstick or a Roll
- PBJ Sandwich
- Popcorn Chix & Chz Salad w/ a Breadstick or Roll

Vegetarian salads available upon request

Veg. 1 c or 2 c leafy: may choose 2 of the same or one of each
Corn; *Salad – manager's choice - Caesar or Tossed*

Fruit: may choose 2 fruits or 1 fruit & 1 juice. Not 2 juices.

Mixed Fruit; Fresh Fruit; 100% Juice

Bonus: Mini Rice Krispy Treat