



High School Lunch Menu

September 2017

1
**Full Day Teachers
In-Service**

4
**Labor Day
Schools Closed**

5
**Students Report 1st Day
Chili Cheese Dog**

Sweet Potato Fries,
Sliced Cucumbers,
Apple, Fruit Cocktail,
100% Juice Variety

6
**Pasta with Meat
Sauce**

Steamed Carrots,
Fresh Garden Salad,
Orange, Applesauce,
100% Juice Variety

7
**Baked Chicken
Variety**

Baked Beans,
Celery Sticks,
Fresh Banana,
Diced Pears,
100% Juice Variety

8
**Chicken & Spinach
Alfredo Flatbread**

Spinach,
Fresh Baby Carrots,
Apple, Diced Peaches,
100% Juice Variety

11
**Buffalo Chicken Patty
Sandwich with Bleu
Cheese Dressing**

Sweet Potato Tots,
Bean & Corn Salad,
Orange, Fruit Cocktail,
100% Juice Variety

12
**Pizza Sticks with
Marinara Sauce**

Steamed Carrots,
Fresh Garden Salad,
Banana, Applesauce,
100% Juice Variety

13
**Popcorn Chicken
Mashed Potato Bowl**

Steamed Peas,
Sliced Cucumbers,
Apple, Diced Pears,
100% Juice Variety

14
**Meat Lovers
Calzone**

Steamed Corn,
Fresh Baby Carrots,
Orange, Diced Peaches,
100% Juice Variety

15
**Sausage & Herb
Flatbread**

Steamed Broccoli,
Fresh Celery Sticks,
Banana, Fruit Cocktail,
100% Juice Variety

18
**National Cheeseburger Day
Bacon
Cheeseburger**

French Fries,
Fresh Garden Salad,
Apple, Diced Pears,
100% Juice Variety

19
**Chicken Parmesan
Sandwich**

Steamed Carrots,
Sliced Cucumbers,
Orange, Diced Peaches,
100% Juice Variety

20
**Meatball
Sub**

Steamed Green Beans,
Fresh Baby Carrots,
Banana, Applesauce,
100% Juice Variety

21
Schools Closed

22
Schools Closed

25
**Turkey
Reuben**

Steamed Broccoli,
Fresh Celery Sticks,
Apple, Fruit Cocktail,
100% Juice Variety

26
**Mozzarella Sticks
with Marinara Sauce**

Sweet Potato Tots
Fresh Garden Salad,
Orange, Applesauce,
100% Juice Variety

27
**Chicken
Gyro**

Refried Beans,
Sliced Cucumbers,
Banana, Diced Pears,
100% Juice Variety

28
**Three Cheese
Calzone**

Steamed Peas,
Fresh Baby Carrots,
Apple, Diced Peaches,
100% Juice Variety

29
**Chicken Bruschetta
Flatbread**

Steamed Corn,
Fresh Broccoli Florets,
Orange, Fruit Cocktail,
100% Juice Variety

Choice of Milk Offerings:

Skim Chocolate or 1% White Milk

Additional Daily Offerings:

Salad Bar, Made To Order Deli, Variety of Sandwiches,
Chicken Tenders, Nachos & More!

Menu subject to change without notice.

Lunch Price: \$3.00; \$0.40 Reduced

To make a complete meal, students must select at least 3 different food groups. At least one item must be a ½ cup fruit, ½ cup vegetable or a 4 ounce serving of 100% fruit juice. Students may select as many fruits and vegetables as offered but multiple servings of the same fruit or vegetable will be charged additional.