

SEPTEMBER 2017

HIGH SCHOOL/MIDDLE SCHOOL LUNCH

K-12 Breakfast \$1.25
 Reduced .25
 Extra entrée \$1.25
 MS/HS Lunch \$2.00

Monday

Tuesday

Wednesday

Thursday

Friday

AVAILABLE EVERYDAY
 Fresh and canned fruit
 Peanut butter & jelly
 Salad Plate
 Fat Free and 1% milk

4

Chicken fingers
 Tuna salad sandwich
 Rice pilaf
 Buttered carrots

5

Hot dog
 Egg salad sandwich
 Oven baked beans
 Buttered broccoli

6

Hamburger
 Cheeseburger w/
 lettuce, tomato
 Ham sandwich
 Buttered peas
 Chef salad

7

Personal pan pizza
 Fish on Bun
 Chef salad
 Buttered green
 beans

8

Chicken patty sandwich/ lettuce & tomato
 Chef salad
 Tater tots

11

Tacos w/lettuce &
 cheese
 Tuna salad sandwich
 Brown rice
 Buttered corn

12

Homemade mac & cheese
 w/WG roll
 Egg salad sandwich
 Chef salad
 Buttered broccoli

13

Meatball dippers
 Ham sandwich
 Chef salad

14

Stuffed crust pizza
 Fish on Bun
 Chef salad
 Buttered green
 beans

15

Hot dog on WG roll
 Oven baked beans
 Sweet tater criss cross

18

Popcorn chicken
 Tuna salad sandwich
 Brown rice
 Buttered corn

19

Hamburger
 Cheeseburger w/
 lettuce, tomato
 Egg Salad sandwich
 Chef salad
 french fries

20

Oriental chicken
 w/WG roll
 Haqm sandwich
 Brown rice
 Buttered broccoli

21

Personal pan pizza
 Fish on Bun
 Chef salad
 Buttered green
 beans

22

Chicken patty
 sandwich with
 lettuce & tomato
 Chef salad
 Sweet potato bites

25

Tacos w/lettuce &
 cheese
 Tuna salad sandwich
 Brown rice
 Buttered corn

26

Breaded pork chop patty
 w/WG roll
 Egg salad sandwich
 Mashed potatoes
 Buttered broccoli

27

Ziti mac w/homemade sauce
 Garlic breadstick
 Ham sandwich
 Chef salad

28

French bread pizza
 Assorted sandwiches
 Chef salad
 Buttered green
 beans

29

Available every day in the cafeteria: Peanut butter & jelly sandwich, build your own salad bar, fresh fruit choices.
 7th & 8th graders must take the minimum portion of ½ cup of fruits and veggies but may take a full ¾ cup portion!
 9-12th graders must also take ½ cup minimum but may take a full 1 cup portion of fruits & veggies.

