

September 2017

JR/SR High School

LUNCH

Breakfast	7:30 – 8:00	Lunch	
Student	Reduced FREE	Paid FREE	Reduced FREE
Adults		\$2.45	Paid \$3.85

MENU SUBJECT TO CHANGE



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday



Thursday

Friday

4

5

6

Cheeseburger
V: Veggie Burger
 Fresh Broccoli w/Dip
 Fresh Fruit Salad
 French Fries
 Asst. Milk

7

Offered Daily
 Asst. Sandwiches
 Salad Bar
 Asst. Fresh Fruit
 Asst. 100% Fruit Juice
 Daily Plates of Veg. Crunchers

8

Italian Mix Sub
V: Caprese Wrap
 Italian Roasted Vegetables
 Orange Wedges
 Asst. Milk

11

Chicken Nuggets
 w/ Vegetable Lo Mein
V: Fish Nuggets
 w/ Vegetable Lo Mein
 Green Beans
 Mixed Fruit, Asst. Milk

12

Ham & Cheese Croissant
V: Cheese Croissant
 Tomato Soup & Carrots Sticks
 Pears
 Asst. Milk, French Fries

13

Sloppy Joe on a Roll
V: Vegetarian Beans
 Peaches
 Asst. Milk
 Hash Brown

14

French Toast Sticks
 w/Turkey Sausage
V: Falafel Patties
 Corn
 Apple Sauce
 Asst. Milk

15

Mozzarella Cheese Sticks w/ S
 Baked Cookie
 Caesar Salad
 Fresh Cantaloupe
 Asst. Milk

18

Hot Dog on a Roll
V: White Bean Chili
 Pears
 Asst. Milk
 Pierogies

19

Tacos
V: Fish Tacos
 Tomato Salsa
 Peaches, Asst. Milk
 Churros

20

Steak Umm on a Roll
V: Vegetarian Chili
 Cole Slaw
 Apple Sauce
 Asst. Milk
 Potato Rounds

21

½ DAY
NO LUNCH

22

Pepperoni Pizza
V: Cheese Pizza
 Caesar Salad
 Fresh Honeydew
 Asst. Milk

25

Chicken Patty on a Roll
V: Fish on a Roll
 Broccoli w/Cheese Sauce
 Mixed Fruit
 Asst. Milk
 French Fries

26

Turkey Club Wrap
V: Roasted Veg. Wrap
 Vegetarian Beans
 Pears
 Asst. Milk
 Potato Rounds

27

Meatball Parm Sub
V: Three Cheese Sub
 Corn
 Apple sauce
 Asst. Milk

28

Loaded Nachos w/Chili
V: Cheese Nachos
 Corn
 Peaches
 Asst. Milk

29

Bagel Pepperoni Pizza
V: Bagel Cheese Pizza
 Toss Salad
 Fresh Fruit Salad
 Asst. Milk