2024

## High School Lunch Menu



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Chicken Drumstick Red Skin, Biscuit Fruit, Salad Bar Milk | Pretzel String Cheese Yogurt Fruit, Salad Bar Milk | Pizza Sub Fries Fruit, Salad Bar Milk | French Toast Hash Browns Sausage Links Fruit, Salad Bar Milk | Chicken Tenders Sun chips Fruit, Salad Bar Milk | 6 |
| 7 | Philly Sub <br> Fruit, Salad Bar Milk | Chicken Nuggets Sun Chips Fruit, Salad Bar Milk | Hamburger Fries Fruit, Salad Bar Milk | Nacho's <br> Guacamole, Hummus Fruit, Salad Bar Milk | Pizza <br> Teddy Grahams Fruit, Salad Bar Milk | 13 |
| 14 | Beef Burrito Fruit, Salad Bar Milk | Hammy Sammy Chips Fruit, Salad Bar Milk | Chicken <br> Sandwich Fries <br> Fruit, Salad Bar Milk | Taco's <br> Hummus <br> Fruit, Salad Bar Milk | Chicken Ranch Wrap Chips Fruit, Salad Bar Milk | 20 |
| 21 | General Tao's Noodles Fruit, Salad Bar Milk | Calzone <br> Sweet Potato Fries <br> Fruit, Salad Bar Milk | Chicken Patty Fries Fruit, Salad Bar Milk | Macaroni \& Cheese Goldfish Fruit, Salad Bar Milk | Hot Dog Baked Beans Chips Fruit, Salad Bar Milk | 27 |



Breakfast \& Lunch is free to all students
Menu is subject to change. This institution is an equal opportunity provider and employer.

1. Fresh fruit \& vegetable are offered daily
2. No trans-fat in the food offered
3. All breads and grains offered are whole grain
4. Calories are limited for different grade levels
5. Only nonfat and flavored nonfat milk offered
6. Students must have a fruit or vegetable with their meal
7. Reduced sodium items such as cheese, taco meat, turkey breast, pizza and more purchased
8. Low fat dressings for salads are offered
9. An alternative meal can be substituted of peanut butter and jelly sandwich, goldfish \& cheese stick. If the student doesn't want the meal
planned for the day
10. Cereal, muffin, cheese stick, fruit juice \& milk offered every day at breakfast
11. Fresh vegetable bar offered daily at lunch
