

High School Lunch

December 2018

HOME ZONE	
<p>Everyday we offer a featured entrée and accompanying sides at our HOME ZONE station.</p>	

EVERYDAY OFFERINGS AT THE GRILL	
	<p>Hamburger, Cheeseburger, Veggie Burger, Chicken Patty, Spicy Chicken Patty, or Grilled Chicken on a Whole Grain Bun Chicken Tenders or 100% White Meat Boneless Wings with a Pretzel Rod Tater Tots or Sweet Potato Fries</p>

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Drumstick & Whole Grain Dinner Roll BBQ Pork Sandwich Mashed Potatoes, Cherry Tomatoes, Fresh Apple, Fruit Juice	4 Vegetarian Chili Mac Chicken Pizza Burger Steamed Carrots, Jicama Sticks, Fresh Orange, Apple Juice	5 Country Chicken Nugget Bowl & Whole Grain Roll Bacon Cheeseburger Steamed Cauliflower, Celery Sticks, Fresh Banana, Orange Juice	6 Pancakes with Cinnamon Apples and Sausage Patties Jerk Chicken Flatbread Kickin Pinto Beans, Baby Carrots, Cinnamon Apples, Fruit Juice	7 Chicken Rice Soup w/ a Dinner Roll Chipotle Ranch Burger Steamed Broccoli, Sliced Cucumbers, Diced Pears, Apple Juice
10 Salisbury Steak and Gravy with Egg Noodles Chicken Patty Salsa Melt Sweet Golden Corn, Fresh Broccoli, Fresh Apple, Fruit Juice	11 Sweet & Sour Popcorn Chicken with Fried Rice Breaded Fish Melt Steamed Green Beans, Red Pepper Strips, Orange, Apple Juice	12 Grilled Cheese & Tomato Soup Chicken Teriyaki Sandwich Steamed Carrots, Garden Salad, Fresh Banana, Orange Juice	13 BBQ Chicken, Black Bean, Jalapeno Rolletto Pesto Cheeseburger Baked Beans, Celery Sticks, Pineapple Tidbits, Fruit Juice	14 Spaghetti Carbonara w/ Chicken & Bacon Pimento Chicken Melt Collard Greens, Jicama, Fresh Pears, Apple Juice
17 Turkey & Gravy with Traditional Stuffing Crispy Srirachan Burger Mashed Potatoes with Gravy, Broccoli, Fresh Apple, Fruit Juice	18 Chicken Parmesan Pasta BBQ Cheeseburger Green Beans, Red Pepper Strips, Fresh Orange, Apple Juice	19 Chili Cheese Baked Potato with Roll Chicken & Waffles Steamed Carrots, Fresh Zucchini, Fresh Banana,	20 French Toast Sticks & Cheese Omelet Mini Corn Dogs Steamed Broccoli, Celery Sticks, Frozen Blueberries,	21 Chef's Choice Pizza Burger Baked Beans, Baby Carrots, Diced Strawberries, Apple Juice
24 No School—Happy Holidays!	25 No School—Happy Holidays!	26 No School—Happy Holidays!	27 No School—Happy Holidays!	28 No School—Happy Holidays!
31 No School—Happy Holidays!				

Meal Prices:
 Breakfast: \$1.25 Full Pay, \$0.30 Reduced, \$0.00 Free, \$2.00 Adult
 Lunch: \$2.95 Full Pay, \$0.40 Reduced, \$0.00 Free, \$3.75 Adult

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EVERYDAY OFFERINGS – MAKE YOUR OWN!

PICK A BREAD

Sub Roll, Cheddar Roll, Whole Grain Wrap, Whole Grain Flatbread

GET SOME PROTEIN

Ham, Turkey, Chicken Salad, Tuna Salad, Hummus

CHEESE

American, Cheddar, Provolone

CUSTOMIZE

Lettuce, Tomato, Onion, Cucumber Slices, Green Pepper Strips, Black Olives, Pickles, Banana Peppers, Jalapenos

ADD A SPREAD

Mayo, Yellow Mustard, Honey Mustard, Ranch Dressing, Sriracha Mayo



EVERYDAY OFFERINGS

Cheese & Pepperoni Pizza on Whole Grain Crust

Made-To-Order Pasta:
Pasta, Meatballs, Diced Chicken, Spaghetti Sauce, Alfredo Sauce

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken & Pepper Stromboli	4 White Cheese Herb Pizza	5 Mac & Cheese Pizza	6 Broccoli Pepper Pizza	7 BBQ Chicken Calzone
10 Meat Lover's Pizza	11 Mexican Pizza	12 BBQ Chicken Pizza	13 White Pizza	14 Bruschetta Chix Flatbread
17 White Pizza w/ Sausage	18 Hawaiian Pizza	19 Cheeseburger Pizza	20 Chicken Siracha Pizza	21 Chef's Choice
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EVERYDAY OFFERINGS – MAKE YOUR OWN!

STARTERS

Nachos, Tacos, Burrito, Bowl (Rice)

GET SOME PROTEIN (Pick 2)

Seasoned Chicken, Beef, Melted Cheese Sauce, Shredded Cheese

CUSTOMIZE

Rice, Beans, Lettuce, Tomato, Onion, Black Olives, Sliced Jalapeno, Sour Cream

TOP IT OFF

Classic Salsa, Salsa Verde, Pico de Gallo