

High School Lunch

September 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 No School - Labor Day	4 Chicken Parmesan Pasta BBQ Cheeseburger Green Beans, Red Pepper Strips, Fresh Orange, Apple Juice	5 Chili Cheese Baked Potato with Roll Chicken & Waffles Steamed Carrots, Fresh Zucchini, Fresh Banana, Orange Juice	6 French Toast Sticks & Cheese Omelet Mini Corn Dogs Steamed Broccoli, Celery Sticks, Fresh Blueberries, Fruit Juice	7 Vegetable Egg Roll & Fried Rice Pizza Burger Baked Beans, Baby Carrots, Diced Strawberries, Apple Juice
10 Mac & Cheese w/ Turkey Chili Cheese Dog Steamed Peas, Cherry Tomatoes, Fresh Apple, Fruit Juice	11 Spicy Popcorn Chicken Bowl w/ Dinner Roll Grilled Ham and Cheese Sandwich Steamed Squash, Cucumber Slices, Fresh Orange, Apple	12 Cheesy Ravioli w/ Marinara WG Breadstick Jalapeno, Onion Burger Sweet Potato Fries, Celery Sticks, Fresh Banana, Orange Juice	13 Pizza Sticks w/ Marinara Cajun Slaw Burger Campfire Pinto Beans, Baby Carrots, Applesauce, Fruit Juice	14 Cajun Chili Fries Buffalo Chicken Sandwich Steamed Broccoli, Red Pepper Strips, Diced Peaches, Apple Juice
17 Meatloaf with Gravy and Italian Flatbread BBQ Pork Riblet Sandwich Sweet Golden Corn, Baby Carrots, Fresh Apple, Fruit Juice	18 Chicken Etouffee & Rice Black Bean Salsa Cheeseburger Peas & Carrots, Red Pepper Strips, Fresh Orange Wedges, Apple Juice	19 Roast Pork & Gravy with WG Roll Taco Cheeseburger Mashed Potatoes, Fresh Zucchini, Fresh Banana, Orange Juice	20 Pittsburgh Style Chicken Sandwich Chicken Patty Bacon Melt Green Beans, Celery Sticks, Fresh Grapes, Fruit Juice	21 Chicken Soft Shell Tacos w/ Mexican Rice Chicken Bruschetta Melt Steamed Broccoli, Three Bean Salad, Mandarin Oranges, Apple Juice
24 Chicken Drumstick & Whole Grain Dinner Roll BBQ Pork Sandwich Mashed Potatoes, Cherry Tomatoes, Fresh Apple, Fruit Juice	25 Vegetarian Chili Mac Chicken Pizza Burger Roasted Carrots, Jicama Sticks, Fresh Orange, Apple Juice	26 Chef's Choice Chicken Cheesesteak Steamed Cauliflower, Celery Sticks, Fresh Banana, Orange Juice	27 Pancakes with Cinnamon Apples and Sausage Patties Jerk Chicken Flatbread Kickin Pinto Beans, Baby Carrots, Cinnamon Apples, Fruit	28 Chicken Rice Soup w/ a Dinner Roll Chipotle Ranch Burger Steamed Broccoli, Sliced Cucumbers, Diced Pears, Apple Juice

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 No School - Labor Day	4 Hawaiian Pizza	5 Cheeseburger Pizza	6 Chicken Siracha Pizza	7 Mexican Pizza
10 Bruschetta Chicken Flatbread	11 Vegetable Pesto Pizza	12 Meat Lovers Pizza	13 Buffalo Chicken Pizza	14 BBQ Chicken Calzone
17 Taco Pizza	18 Greek Chicken Pizza	19 Vegetable Pizza	20 Chicken Club Flatbread	21 Spicy Sausage Pizza
24 Sausage Pizza	25 Florentine Chicken Flatbread	26 Chef's Choice	27 Meat Lover's Pizza	28 Vegetable Pizza



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