

# High School Lunch

## September 2017

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
				1
4 <b>No School - Labor Day</b>	5 <b>Rotini with Italian Meat Sauce &amp; WG Breadstick</b> <b>Bacon Cheeseburger</b> Green Beans, Red Pepper Strips, Fresh Banana, Apple Juice	6 <b>Broccoli &amp; Cheese Baked Potato with Roll</b> <b>Chicken Patty Salsa Melt</b> Steamed Carrots, Garden Salad, Fresh Apple, Grape Juice	7 <b>Grilled Cheese with Tomato Soup</b> <b>Jalapeno Cheeseburger</b> Baked Beans, Celery Sticks, Fresh Orange, Orange Juice	8 <b>General Tso's Popcorn Chicken &amp; Rice</b> <b>Pizza Burger</b> Steamed Broccoli, Baby Carrots, Diced Peaches, Fruit Juice
11 <b>Meatloaf with Gravy and Italian Flatbread</b> <b>California Ranch Chicken Sandwich</b> Mashed Potatoes with Gravy, Cherry Tomatoes, Fresh Grapes, Fruit Juice	12 <b>Popcorn Chicken Bowl with Dinner Roll</b> <b>Cajun Cheeseburger</b> Green Beans, Cucumber Slices, Fresh Banana, Apple Juice	13 <b>Cheesy Penne with WG Breadstick</b> <b>BBQ Cheeseburger</b> Steamed Carrots, Celery Sticks, Fresh Apple, Grape Juice	14 <b>Pancakes with Cinnamon Apples and Sausage Patties</b> <b>Buffalo Chicken Patty</b> Baked Beans, Baby Carrots, Fresh Orange, Orange Juice	15 <b>Cajun Chili Fries &amp; Whole Grain Flatbread</b> <b>Breaded Fish Melt</b> Steamed Broccoli, Red Pepper Strips, Applesauce, Fruit Juice
18 <b>Pizza Sticks with Marinara Sauce</b> <b>BBQ Chicken Melt</b> Sweet Golden Corn, Broccoli Florets, Fresh Pear, Fruit Juice	19 <b>Chicken &amp; Waffles</b> <b>Crispy Srirachan Burger</b> Green Beans, Red Pepper Strips, Fresh Banana Wedges, Apple Juice	20 <b>Orange Popcorn Chicken &amp; Broccoli with Egg Fried Rice</b> <b>BBQ Cheeseburger</b> Steamed Carrots, Garden Salad, Fresh Apple, Grape Juice	21 <b>Spaghetti Carbonara with Chicken &amp; Bacon</b> <b>Pizza Burger</b> Baked Beans, Celery Sticks, Fresh Orange, Orange Juice	22 <b>Cajun Chili &amp; Whole Grain Roll</b> <b>BBQ Riblet Sandwich</b> Steamed Broccoli, Garden Salad, Diced Pears, Fruit Juice
25 <b>Salisbury Steak and Gravy with Egg Noodles</b> <b>Cajun Cheeseburger</b> Mixed Veggies, Cherry Tomatoes, Fresh Grapes, Fruit Juice	26 <b>Country Chicken Nugget Bowl &amp; Whole Grain Roll</b> <b>Crispy Srirachan Burger</b> Steamed Carrots, Jicama Sticks, Fresh Banana, Apple Juice	27 <b>Beef Chili Mac &amp; Whole Grain Breadstick</b> <b>Grilled Ham &amp; Cheese</b> Kickin' Pintos, Celery Sticks, Fresh Apple, Grape Juice	28 <b>Roast Turkey &amp; Gravy with Traditional Stuffing</b> <b>Chicken Bruschetta Melt</b> Mashed Potatoes with Gravy, Baby Carrots, Cantaloupe, Orange Juice	29 <b>French Toast Sticks &amp; Cheese Omelet</b> <b>Pesto Cheeseburger</b> Steamed Broccoli, Garden Salad, Mandarin Oranges, Fruit Juice

**Meal Prices:**  
 Breakfast: \$1.15 Full Pay, \$0.30 Reduced, \$0.00 Free, \$2.00 Adult  
 Lunch: \$2.95 Full Pay, \$0.40 Reduced, \$0.00 Free, \$4.00 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

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				1
4 No School - Labor Day	5 Chicken Parmesan Pizza	6 Buffalo Chicken Flatbread	7 Bruschetta Chicken Flatbread	8 Vegetable Pizza
11 White Cheese & Sausage Flatbread	12 Meat Lover's Pizza	13 Stuffed Crust Cheese Pizza	14 Sausage Pizza	15 White Cheese & Tomato Flatbread
18 Sausage Pizza	19 Florentine Chicken Flatbread	20 Mexican Pizza	21 Meat Lover's Pizza	22 Vegetable Pizza
25 Meat Lover's Pizza	26 Spicy Pepperoni Flatbread	27 Bruschetta Pizza	28 Vegetable Pizza	29 Buffalo Chicken Flatbread



## 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