

SEPTEMBER | 2022



High School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Cheese or Pepperoni Pizza Corn Garden Salad Peach Cup Frozen Sidekick Milk	30 Sweet Chili Meatballs or Honey Sriracha Chicken Bowl Glazed Carrots Broccoli With dip Pear Cup, Fresh Fruit Dinner Roll Milk	31 Baked Ziti Breadstick Green Beans Garden Salad Pineapple Tidbits Fresh Fruit Milk	1 Original or Spicy Chicken Tenders with Mini Biscuit Waffle Fries Baked Beans, Veggie Boat Applesauce Cup Fresh Fruit Milk	2 Cheesy Flatbread or Mozzarella Cheese Sticks Marinara Sauce Steamed Broccoli Garden Salad Mandarin Oranges Fresh Fruit Milk
5 Labor Day	6 Pulled Pork Sandwich or Buffalo Chicken Dip Baked Beans Celery with Dip Applesauce Cup Fresh Fruit Milk	7 Salisbury Steak Dinner Roll or Chicken Patty on Bun Mashed Potatoes Glazed Carrots Pineapple Tidbits Fresh Fruit Milk	8 Queso Chicken over Rice or Beef Enchiladas Salsa, Sour Cream Black Beans, Corn Mexican Salad Pear Cup, Fresh Fruit Milk	9 Pizza Crunchers or Mini Cheese Calzones Marinara Sauce Steamed Broccoli Garden Salad Mandarin Oranges
12 Chicken or Cheese Quesadilla Salsa, Sour Cream Refried Beans, Corn Peach Cup Fresh Fruit Milk	13 3,4-, or 5-Way Spaghetti Chili Kidney Beans, Onions Shredded Cheese Oyster Crackers Green Beans, Salad Pear Cup, Fresh Fruit Milk	14 Two Chicken Drumsticks Dinner Roll Mashed Potatoes Garden Salad Pineapple Tidbits Fresh Fruit Milk	15 Beef or Chicken Philly Sandwich With Sauteed Peppers & Onions Potato Wedges Glazed Carrots Applesauce Cup Fresh Fruit Milk	16 Cheese Bites with Marinara Steamed Broccoli Veggie Boat Mandarin Oranges Fresh Fruit Milk
19 Chicken Patty Sandwich or Pollo Chicken over Rice w/Dinner Roll Seasoned Potatoes Baked Beans Peach Cup Frozen Sidekick Milk	20 Pancakes, Cheese Omelet Sausage Patty Carrots/Celery with Dip Smile Fries Baked Apples Fresh Fruit Milk	21 Roast Beef w/Gravy Dinner Roll Mashed Potatoes Glazed Carrots Garden Salad Pineapple Tidbits, Fresh Fruit Milk	22 Hot Dog or Cheese Coney Potato Wedges Veggie Boat Pear Cup Fresh Fruit Milk	23 Fish Sandwich or Grilled Cheese Tomato Soup Garden Salad, Green Beans Applesauce Cup Fresh Fruit Milk
26 Cheese or Pepperoni Pizza Corn Garden Salad Peach Cup Frozen Sidekick Milk	27 Sweet Chili Meatballs or Honey Sriracha Chicken Bowl Glazed Carrots Broccoli With dip Pear Cup, Fresh Fruit Dinner Roll Milk	28 Baked Ziti Breadstick Green Beans Garden Salad Pineapple Tidbits Fresh Fruit Milk	29 Original or Spicy Chicken Tenders with Mini Biscuit Waffle Fries Baked Beans, Veggie Boat Applesauce Cup Fresh Fruit Milk	30 Cheesy Flatbread or Mozzarella Cheese Sticks Marinara Sauce Steamed Broccoli Garden Salad Mandarin Oranges Fresh Fruit Milk

News

Alternate Meal Options

Milk and choices of daily fruits and/or vegetables offered with all alternate meal options

Hummus Grab n Go
-Hummus cup, Tostito's chips, and cheese stick

Protein Pack
-Hardboiled egg (2), cheese stick, goldfish, and pretzels

Chef Salad
-Large salad with turkey or hardboiled egg, goldfish, and pretzels

Buffalo or Plain Chicken Wrap

Turkey or Ham and Cheese Sandwich

Meat options not offered on Fridays

Menu subject to change by product availability