



# Secondary Breakfast

# DEC 2016

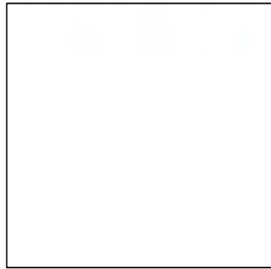
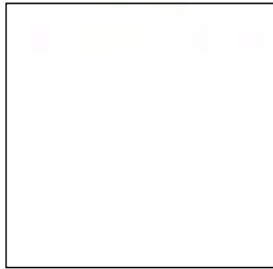
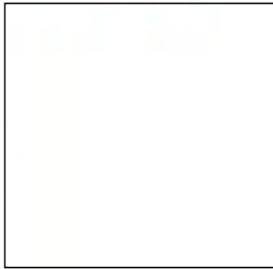
## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



**1**

Grits w. Cheese Toast  
Yogurt w. Graham Crackers  
Chilled Fruit  
Fruit Juice  
Choice of Milk

**2**

Biscuit w. Sausage Gravy  
Ham and Cheese Biscuit  
Fresh Fruit  
Fruit Juice  
Choice of Milk



**5**

Waffles w. Syrup  
Chicken Biscuit  
Chilled Fruit  
Fruit Juice  
Choice of Milk

**6**

Biscuits & Sausage Gravy  
Yogurt w. Graham Crackers  
Fresh Fruit  
Fruit Juice  
Choice of Milk

**7**

Breakfast Pizza  
Sausage Biscuit  
Chilled Fruit  
Fruit Juice  
Choice of Milk

**8**

Grits w. Sliced Ham  
Sausage Biscuit  
Yogurt w. Graham Crackers  
Fresh Fruit  
Fruit Juice  
Choice of Milk

**9**

Cinnamon Roll  
Ham and Cheese Biscuit  
Fresh or Chilled Fruit  
Fruit Juice  
Choice of Milk



**12**

Southwest Breakfast Burrito  
Sausage Biscuit  
Chilled Fruit  
Fruit Juice  
Choice of Milk

**13**

Waffles w. Syrup  
Ham Biscuit  
Yogurt w. Graham Crackers  
Fresh Fruit  
Fruit Juice  
Choice of Milk

**14**

Breakfast Pizza  
Chicken Biscuit  
Chilled Fruit  
Fruit Juice  
Choice of Milk

**15**

Cheesy Grits w. Eggs & Toast  
Yogurt w. Graham Crackers  
Fresh Fruit  
Fruit Juice  
Choice of Milk

**16**

French Toast Sticks w. Syrup  
Chicken Biscuit  
Yogurt w. Graham Crackers  
Chilled Fruit  
Fruit Juice  
Choice of Milk



# High School Lunch

## Week 1, 5

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

### SIDES

**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### Daily Special

### FAVORITES

<b>MONDAY</b>	Sweet & Sour Chicken w. Rice
<b>TUESDAY</b>	Chicken Nuggets w. Mac n Cheese
<b>WEDNESDAY</b>	Salisbury Steak w. Rice
<b>THURSDAY</b>	Spaghetti & Meatsauce w. Roll
<b>FRIDAY</b>	Chicken and Waffles

### Daily Special/Everyday

#### Chef Salad

### FAST TAKES

*All salads are served with a freshly baked whole grain roll.*

<b>MONDAY</b>	Crispy Chicken Salad or American Sub
<b>TUESDAY</b>	Caesar Salad or Ham Sub
<b>WEDNESDAY</b>	Crispy Chicken Salad or PB&J
<b>THURSDAY</b>	Buffalo Salad or Crispy Chicken Wrap
<b>FRIDAY</b>	Crispy Chicken Salad or Italian Sub

### DELI

### Everyday Choices

*Hamburger, Cheeseburger or Chicken Sandwich*

*Served with choice of fresh from the garden lettuce, tomato & onions.*

<b>MONDAY</b>	Chicken Cordon Bleu
<b>TUESDAY</b>	Cuban Sandwich
<b>WEDNESDAY</b>	Hot Ham & Cheese
<b>THURSDAY</b>	Hot Dog
<b>FRIDAY</b>	Meatball Sub

### PIZZA

### Everyday Choice

*Cheese or Pepperoni Pizza*

*Homemade pies, prepared fresh daily.*

<b>MONDAY</b>	Hawaiian Pizza
<b>TUESDAY</b>	Supreme Pizza
<b>WEDNESDAY</b>	Cheeseburger
<b>THURSDAY</b>	Buffalo Pizza
<b>FRIDAY</b>	Veggie Pizza

### SALSA

### /Everyday Choice

*Pick Your Protein: Beef, Chicken, or Cheese and Beans*

*Pick Your Toppings: Lettuce, Tomato, Onion, Olives, Sour Cream, Jalapeno Peppers & Salsa*

<b>MONDAY</b>	Nachos
<b>TUESDAY</b>	Hard or Soft Shell Tacos
<b>WEDNESDAY</b>	Nachos
<b>THURSDAY</b>	Hard or Soft Shell Tacos
<b>FRIDAY</b>	Nachos

*This institution is an equal opportunity provider.*

# High School Lunch

## Week 2

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

### SIDES

**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### Daily Special

### FAVORITES

<b>MONDAY</b>	Chicken Pot Pie
<b>TUESDAY</b>	Chili Mac w. Roll
<b>WEDNESDAY</b>	Orange Chicken w. Lo Mein
<b>THURSDAY</b>	Beef & Bean Burrito
<b>FRIDAY</b>	Cheese Ravioli & Roll

### Daily Special/Everyday

#### Chef Salad

### FAST TAKES

*All salads are served with a freshly baked whole grain roll.*

<b>MONDAY</b>	Crispy Chicken Salad or Ham Sub
<b>TUESDAY</b>	Buffalo Salad or Turkey Wrap
<b>WEDNESDAY</b>	Crispy Chicken Salad or PB&J
<b>THURSDAY</b>	Spinach Salad or Buffalo Wrap
<b>FRIDAY</b>	Crispy Chicken Salad or Cheese Sandwich

### GRILL

### Everyday Choices

*Hamburger, Cheeseburger or Chicken Sandwich*

*Served with choice of fresh from the garden lettuce, tomato & onions.*

<b>MONDAY</b>	Buffalo Chicken Sandwich
<b>TUESDAY</b>	Hot Turkey & Cheese Sandwich
<b>WEDNESDAY</b>	BBQ Pork Sandwich
<b>THURSDAY</b>	Philly CheeseSteak
<b>FRIDAY</b>	Fish Sandwich

### PIZZA

### Everyday Choice

*Cheese or Pepperoni Pizza*

*Homemade pies, prepared fresh daily.*

<b>MONDAY</b>	Hawaiian Pizza
<b>TUESDAY</b>	Greek Flatbread
<b>WEDNESDAY</b>	Buffalo Pizza
<b>THURSDAY</b>	BBQ Flatbread
<b>FRIDAY</b>	Mac and Cheese Pizza

### SALSA

### /Everyday Choice

*Pick Your Protein: Beef, Chicken, or Cheese and Beans*

*Pick Your Toppings: Lettuce, Tomato, Onion, Olives, Sour Cream, Jalapeno Peppers & Salsa*

<b>MONDAY</b>	Nachos
<b>TUESDAY</b>	Hard or Soft Shell Tacos
<b>WEDNESDAY</b>	Nachos
<b>THURSDAY</b>	Hard or Soft Shell Tacos
<b>FRIDAY</b>	Nachos

*This institution is an equal opportunity provider.*

# High School Lunch

## Week 3

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

### SIDES

**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### Daily Special

### FAVORITES

- MONDAY** Chicken Etouffe over Rice
- TUESDAY** Loaded Baked Potato
- WEDNESDAY** Popcorn Chicken Bowl
- THURSDAY** Thanksgiving Dinner!! Turkey & Gravy w.Roll
- FRIDAY** Fish Nuggets w. Roll

### Daily Special/Everyday

*Chef Salad*

### FAST TAKES

*All salads are served with a freshly baked whole grain roll.*

- MONDAY** Crispy Chicken Salad or Caesar Wrap
- TUESDAY** Greek Salad or American Sub
- WEDNESDAY** Crispy Chicken Salad or PB&J
- THURSDAY** Buffalo Salad or Crispy Chicken Wrap
- FRIDAY** Crispy Chicken Salad or Ham Wrap

### GRILL

### Everyday Choices

*Hamburger, Cheeseburger or Chicken Sandwich*

*Served with choice of fresh from the garden lettuce, tomato & onions.*

- MONDAY** Honey BBQ Chicken Sandwich
- TUESDAY** Corndog
- WEDNESDAY** Turkey Spinach Press
- THURSDAY** Buffalo Chicken Sandwich
- FRIDAY** Grilled Cheese

### PIZZA

### Everyday Choice

*Pepperoni or Cheese Pizza*

*Homemade pies, prepared fresh daily.*

- MONDAY** Chicken Parmesan Pizza
- TUESDAY** Pizza Dippers
- WEDNESDAY** Cheeseburger Pizza
- THURSDAY** Meatball Pizza
- FRIDAY** Supreme Pizza

### SALSA

### /Everyday Choice

*Pick Your Protein: Beef, Chicken, or Cheese and Beans*

*Pick Your Toppings: Lettuce, Tomato, Onion, Olives, Sour Cream, Jalapeno Peppers & Salsa*

- MONDAY** Nachos
- TUESDAY** Hard or Soft Shell Tacos
- WEDNESDAY** Nachos
- THURSDAY** Hard or Soft Shell Tacos
- FRIDAY** Nachos

*This institution is an equal opportunity provider.*