# High School Lunch

**Week 1 - Oct. 1 to Oct. 5, 2018**

Our menus are aligned with the USDA's Healthier U.S. School Challenge.

## Daily Special/Everyday

**Favorites** offers protein, grain, and vegetable to make a delicious home-style dish.

**Specialty Item**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Teriyaki Chicken &amp; Rice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Macaroni &amp; Cheese w/ Dinner Roll</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Salisbury Steak w/ Dinner Roll</td>
</tr>
<tr>
<td>Thursday</td>
<td>Homemade Chicken Pot Pie</td>
</tr>
<tr>
<td>Friday</td>
<td>French Toast Sticks w/ Pork Sausage Patty</td>
</tr>
</tbody>
</table>

## Everyday Choices

Cheeseburger or Chicken Sandwich offered daily. Chicken Nuggets offered Monday, Wednesday & Friday.

*Daily Special Listed. Daily Vegetarian option is Grilled Cheese.*

<table>
<thead>
<tr>
<th>Monday</th>
<th>Rib B Que Sandwich</th>
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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Chilly Philly Sandwich</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Meatball Sub</td>
</tr>
<tr>
<td>Thursday</td>
<td>Hot Dog</td>
</tr>
<tr>
<td>Friday</td>
<td>BBQ Smokehouse Flatbread</td>
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</tbody>
</table>

## Daily Special

Choice of Sandwich, Salad or Wrap. Freshly Baked Rolls offered daily with Salad options. Chef Salad offered daily.

*Added daily option listed.*

<table>
<thead>
<tr>
<th>Monday</th>
<th>Chicken Caesar Wrap</th>
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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Buffalo Chicken Wrap</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Chicken Caesar Salad</td>
</tr>
<tr>
<td>Thursday</td>
<td>Buffalo Chicken Salad</td>
</tr>
<tr>
<td>Friday</td>
<td>Italian Wrap</td>
</tr>
</tbody>
</table>

## Everyday Choice

Fresh Cheese and Pepperoni Pizza offered daily.

*Daily Specialty Pizza listed.*

<table>
<thead>
<tr>
<th>Monday</th>
<th>Mac &amp; Cheese Pizza</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Italian Sausage Pizza</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Buffalo Chicken Pizza</td>
</tr>
<tr>
<td>Thursday</td>
<td>Cheese Calzone</td>
</tr>
<tr>
<td>Friday</td>
<td>Margherita Pizza</td>
</tr>
</tbody>
</table>

## 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.

## Nutrition Information

This institution is an equal opportunity provider.

Nutrition Information is available upon request.
High School Lunch

Week 2 - Oct. 8 to Oct. 12, 2018

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

Daily Special/Everyday

**Favorites** offers protein, grain and vegetable to make a delicious home-style dish.

**Specialty Item**

- **MONDAY**: BBQ Chicken Drumstick w/ Mac & Cheese & Dinner Roll
- **TUESDAY**: Country Fried Steak & Gravy w/ Dinner Roll
- **WEDNESDAY**: BBQ Pulled Pork w/ Mac & Cheese & Dinner Roll
- **THURSDAY**: Chili Cheese Fries w/ Dinner Roll
- **FRIDAY**: Baked Penne Pasta w/ Dinner Roll

Daily Special

- **MONDAY**: Chicken Caesar Wrap
- **TUESDAY**: Spicy Asian Chicken Wrap
- **WEDNESDAY**: Buffalo Chicken Wrap
- **THURSDAY**: Crispy Chicken Salad
- **FRIDAY**: Crispy Chicken Wrap

Everyday Choice

- **MONDAY**: Beef Philly Cheese Steak
- **TUESDAY**: Chicken Parm Sandwich
- **WEDNESDAY**: Meatball Sub
- **THURSDAY**: BBQ Pulled Pork Sandwich
- **FRIDAY**: Chicken Cordon Bleu Sandwich

Everyday Choice

- **MONDAY**: Enchilada Suiza
- **TUESDAY**: Chicken Fajitas
- **WEDNESDAY**: Cheese Quesadilla
- **THURSDAY**: Walking Nachos
- **FRIDAY**: Beef Quesadilla

Everyday Choice

- **MONDAY**: BBQ Chicken Pizza
- **TUESDAY**: Meat Lover's Pizza
- **WEDNESDAY**: Vegetable Pizza
- **THURSDAY**: Italian Sausage Pizza
- **FRIDAY**: Pepperoni Calzone

SALSA

**Nachos or Soft Tacos** offered daily. Pick Your protein & toppings. **Daily Special Listed.**

- **MONDAY**: Enchilada Suiza
- **TUESDAY**: Chicken Fajitas
- **WEDNESDAY**: Cheese Quesadilla
- **THURSDAY**: Walking Nachos
- **FRIDAY**: Beef Quesadilla

**PIZZA**

Fresh Cheese and Pepperoni Pizza offered daily. **Daily Specialty Pizza listed.**

- **MONDAY**: BBQ Chicken Pizza
- **TUESDAY**: Meat Lover's Pizza
- **WEDNESDAY**: Vegetable Pizza
- **THURSDAY**: Italian Sausage Pizza
- **FRIDAY**: Pepperoni Calzone

**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.

**GRILL**

Cheeseburger or Chicken Sandwich offered daily. **Chicken Nuggets** offered Monday, Wednesday & Friday. **Daily Special Listed. Daily Vegetarian option is Grilled Cheese.**

- **MONDAY**: Beef Philly Cheese Steak
- **TUESDAY**: Chicken Parm Sandwich
- **WEDNESDAY**: Meatball Sub
- **THURSDAY**: BBQ Pulled Pork Sandwich
- **FRIDAY**: Chicken Cordon Bleu Sandwich

**FAST TAKES**

Choice of Sandwich, Salad or Wrap. Freshly Baked Rolls offered daily with Salad options. Chef Salad offered daily. **Added daily option listed.**

This institution is an equal opportunity provider.

Nutrition Information is available upon request.
## High School Lunch

**Week 3 - Oct. 15 to Oct. 19, 2018**

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

### Daily Special/Everyday Favorites

- **MONDAY**: General Tso Chicken w/ Fried Rice
- **TUESDAY**: Turkey & Gravy w/ Rice
- **WEDNESDAY**: Beefy Mac w/ Dinner Roll
- **THURSDAY**: Popcorn Chicken Bowl w/ Dinner Roll
- **FRIDAY**: Teriyaki Beef Stir Fry w/ Fried Rice

### Specialty Item

- **MONDAY**: Chicken Caesar Wrap
- **TUESDAY**: Buffalo Chicken Wrap
- **WEDNESDAY**: Chicken Caesar Salad
- **THURSDAY**: Italian Wrap
- **FRIDAY**: Southwest Wrap

### Everyday Choices

- **MONDAY**: Rib Q Sandwich
- **TUESDAY**: Chilly Philly Sub
- **WEDNESDAY**: Meatball Sub
- **THURSDAY**: Hot Dog
- **FRIDAY**: BBQ Smokehouse Flatbread

### Everyday Choice

- **MONDAY**: Chicken & Mushroom Pizza
- **TUESDAY**: Italian Sausage Pizza
- **WEDNESDAY**: Supreme Pizza
- **THURSDAY**: Sausage Calzone
- **FRIDAY**: Garden Alfredo Pizza

### 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.

### Fast Takes

- **MONDAY**: Chicken Caesar Wrap, Turkey & Cheese Sub
- **TUESDAY**: Buffalo Chicken Wrap, Chicken Caesar Salad
- **WEDNESDAY**: Turkey & Cheese Wrap, Buffalo Chicken Salad
- **THURSDAY**: Spanish Ham & Cheese Sub, Southwest Wrap
- **FRIDAY**: Fiesta Salad

### Grill

- **MONDAY**: Baked Bean & Cheese Enchilada
- **TUESDAY**: Walking Nachos
- **WEDNESDAY**: Chicken Quesadilla
- **THURSDAY**: Chicken Fajitas
- **FRIDAY**: Beef Quesadilla

### Salsa

- **MONDAY**: Nachos or Soft Tacos offered daily. Pick Your protein & toppings. Daily Special Listed.

### Pizza

- **MONDAY**: Fresh Cheese and Pepperoni Pizza offered daily. Daily Specialty Pizza listed.

### Everyday Choice

- **MONDAY**: Baked Bean & Cheese Enchilada
- **TUESDAY**: Walking Nachos
- **WEDNESDAY**: Chicken Quesadilla
- **THURSDAY**: Chicken Fajitas
- **FRIDAY**: Beef Quesadilla

This institution is an equal opportunity provider.

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Nutrition Information is available upon request.
Our menus are aligned with the USDAs Healthier U.S. School Challenge.

### Daily Special/Everyday Favorites

**Choice offers protein, grain and vegetable to make a delicious home-style dish.
Specialty Item**

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>Salisbury Steak w/ Biscuit</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>Chicken Alfredo Macaroni w/ Dinner</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Rainbow Chili &amp; Cheese Baked Potato w/ Dinner Roll</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>Flaming Buffalo Chicken Strips &amp; Mac &amp; Cheese w/ Dinner Roll</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>Broccoli Chicken Casserole w/ Dinner Roll</td>
</tr>
</tbody>
</table>

### Daily Special

*Choice of Sandwich, Salad or Wrap.  Freshly Baked Rolls offered daily with Salad options. Chef Salad offered daily.
Added daily option listed.*

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>Chicken Caesar Wrap Turkey &amp; Cheese Sub</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>Buffalo Chicken Wrap Chicken Caesar Salad</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Buffalo Chicken Wrap Crispy Chicken Salad</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>Crispy Chicken Wrap Spanish Ham &amp; Cheese Sub</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>Chicken Fajita Salad Turkey &amp; Cheese Sub</td>
</tr>
</tbody>
</table>

### Everyday Choice

*Cheeseburger or Chicken Sandwich offered daily. Chicken Nuggets offered Monday, Wednesday & Friday.
Daily Special Listed. Daily Vegetarian option is Grilled Cheese.*

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>Beef Philly Cheese Steak</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>Chicken Parm Cheese Steak</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>BBQ Pulled Pork Sandwich</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>Meatball Sub</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>Chicken Cordon Bleu Sandwich</td>
</tr>
</tbody>
</table>

### Everyday Choice

*Fresh Cheese and Pepperoni Pizza offered daily.*

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>BBQ Chicken Pizza</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>Three Cheese Flatbread Pizza</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Bruschetta Pizza</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>Italian Sausage Pizza</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>Chicken Ranch Pizza</td>
</tr>
</tbody>
</table>

### Everyday Choice

*Nachos or Soft Tacos offered daily. Pick Your protein & toppings.*

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>Enchilada Suzia</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>Fajita Chicken</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Cheese Quesadilla</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>Walking Nachos</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>Beef Quesadilla</td>
</tr>
</tbody>
</table>

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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.
High School Lunch

Week 1 - Oct. 29 to Nov. 2, 2018

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

Daily Special/Everyday

Favorite offers protein, grain and vegetable to make a delicious home-style dish.

- **MONDAY**: Teriyaki Chicken & Rice
- **TUESDAY**: Macaroni & Cheese w/ Dinner Roll
- **WEDNESDAY**: Salisbury Steak w/ Dinner Roll
- **THURSDAY**: Homemade Chicken Pot Pie
- **FRIDAY**: French Toast Sticks w/ Pork Sausage Patty

Everyday Choices

Cheeseburger or Chicken Sandwich offered daily. Chicken Nuggets offered Monday, Wednesday & Friday.

- **MONDAY**: Rib B Que Sandwich
- **TUESDAY**: Chilly Philly Sandwich
- **WEDNESDAY**: Meatball Sub
- **THURSDAY**: Hot Dog
- **FRIDAY**: BBQ Smokehouse Flatbread

Daily Special

Choice of Sandwich, Salad or Wrap. Freshly Baked Rolls offered daily with Salad options. Chef Salad offered daily. Added daily option listed.

- **MONDAY**: Chicken Caesar Wrap
- **TUESDAY**: Buffalo Chicken Wrap
- **WEDNESDAY**: Turkey & Cheese Sub
- **THURSDAY**: Italian Wrap
- **FRIDAY**: Southwest Wrap

Everyday Choice

Fresh Cheese and Pepperoni Pizza offered daily. Daily Specialty Pizza listed.

- **MONDAY**: Mac & Cheese Pizza
- **TUESDAY**: Italian Sausage Pizza
- **WEDNESDAY**: Buffalo Chicken Pizza
- **THURSDAY**: Cheese Calzone
- **FRIDAY**: Margherita Pizza

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.

Everyday Choice

Nachos or Soft Tacos offered daily. Pick Your protein & toppings. Daily Special Listed.

- **MONDAY**: Enchilada Casserole
- **TUESDAY**: Walking Nachos
- **WEDNESDAY**: Chicken Quesadilla
- **THURSDAY**: Chicken Fajitas
- **FRIDAY**: Beef Quesadilla

This institution is an equal opportunity provider.

Nutrition Information is available upon request.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
| Baked Biscuit & Sausage Gravy
Chicken Biscuit
Strawberry Banana Parfait
Graham Crackers | French Toast Sticks w/ Syrup
Smoothie
Graham Crackers
Assorted Cereal Bars | Sausage Breakfast Pizza
Strawberry Banana Parfait
Graham Crackers
Breakfast Bar | Creamy Grits w/ Scrambled Eggs & Toast
Chicken Biscuit
Smoothie
Graham Crackers | Sausage Biscuit
Strawberry Banana Parfait
Graham Crackers
Assorted Pop Tarts |
| 8      | 9       | 10        | 11       | 12     |
| Dutch Waffle w/ Syrup
Sausage Breakfast Sandwich
Strawberry Banana Parfait
Graham Crackers | Baked Biscuit & Sausage Gravy
Chicken Biscuit
Smoothie
Graham Crackers | Sausage Breakfast Pizza
Baked Biscuit w/ Jelly
Strawberry Banana Parfait
Graham Crackers | Cheesy Grits w/ Toast & Sausage
Bacon, Egg & Cheese Breakfast Sandwich
Smoothie
Graham Crackers | Buttermilk Pancakes w/ Syrup
Southwest Egg Burrito
Strawberry Banana Parfait
Graham Crackers |
| 15     | 16      | 17        | 18       | 19     |
| Breakfast on a Stick w/ Syrup
Sausage Breakfast Sandwich
Strawberry Banana Parfait
String Cheese
Breakfast Bar | Chicken Biscuit
Smoothie
String Cheese | Sausage Breakfast Pizza
Strawberry Banana Parfait
String Cheese
Breakfast Bar | Cheesy Grits w/ Toast & Sausage
Chicken Biscuit
Smoothie
String Cheese
Assorted Pop Tarts | Sausage Biscuit
Strawberry Banana Parfait
String Cheese
Assorted Cereal Bars
Assorted Breakfast Bars |
| 22     | 23      | 24        | 25       | 26     |
| Baked Biscuit & Sausage Gravy
Chicken Biscuit
Strawberry Banana Parfait
Graham Crackers | French Toast Sticks w/ Syrup
Smoothie
Graham Crackers
Breakfast Bar | Sausage Breakfast Pizza
Strawberry Banana Parfait
Graham Crackers
Assorted Breakfast Bars | Creamy Grits w/ Scrambled Eggs & Buttery Toast
Chicken Biscuit
Smoothie
Graham Crackers | Sausage Biscuit
Strawberry Banana Parfait
Graham Crackers
Assorted Pop Tarts |
| 29     | 30      | 31        |          |        |
| Dutch Waffle w/ Syrup
Sausage Breakfast Sandwich
Strawberry Banana Parfait
Graham Crackers
Assorted Pop Tarts | Baked Biscuit & Sausage Gravy
Chicken Biscuit
Smoothie
Graham Crackers | Sausage Breakfast Pizza
Baked Biscuit w/ Jelly
Strawberry Banana Parfait
Graham Crackers | Assorted cereals, juices, fruit, 1% milk, and variety of fat free flavored milk offered daily. |

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