



**High School Grades 9-12 Lunch Menu
August - September 2017**

	Monday	Tuesday	Wednesday 8/23	Thursday 8/24	Friday 8/25
Entrée – choose 1			*Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g) *Pepperoni Pizza (35g) *Chili Cheese Coney (31g)	*Hot Italian Sub (30g) *Cheesy Chicken Crunch Wrap (56g) **Veggie Burger (40g) or Cheeseburger on Bun (27g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Turkey & Cheese Melt (31g)
			COLD ENTREES *Turkey Ham & Cheese Sub (31g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES *Italian Sub (30g) *Pasta Salad (60g) & Breadstick (17g)	COLD ENTREES *Regular (42g) or Spicy Chicken Wrap (44g) *Cobb Salad (20g) & Cornbread (29g)
Choose 1 or more			*Corn (17g) *Hot Apple Slices (20g)	*Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	**Baked Beans (28g)

WEEK 1

	Monday 8/28	Tuesday 8/29	Wednesday 8/30	Thursday 8/31	Friday 9/1
Entrée – choose 1	*Chicken Drumstick & Waffle (37g) *Turkey Sausage & Pepperoni Pizza (36g) *Fiesta Nachos (36g)	*Salisbury Steak Ciabatta (39g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (58g)	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g) *Taco Salad with Tortilla Chips (24g) & Cornbread (29g)	*Cheeseburger on Bun (26g) *Orange Chicken over Rice (77g) **Toasted Cheese Sandwich (32g)	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Cheese and Chicken Burrito (54g)
	COLD ENTREES *Turkey Ham & Cheese Sub (31g) **Vegetarian Salad (22g) & Muffin (26-28g)	COLD ENTREES *Chicken Salad Wrap (39g) *Cobb Salad (20g) & Muffin (26-28g)	COLD ENTREES *Turkey & Cheese Sub (29g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES **Vegetarian Sub (40g) *Italian Salad (10g) & Breadstick (17g)	COLD ENTREES *Turkey Ham & Cheese Wrap (35g) *Chef Salad (25g) & Breadstick (17g)
Choose 1 or more	*Green Beans (5g) **Black beans (22g)	*Mashed Potatoes with Gravy (23g) *Brussels Sprouts (7g)	*Corn (17g)	**Potato of Choice (14-37g) *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g) *Hot Peach Slices (28g)

WEEK 2

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 7/27/2017