




**High School Grades 9-12 Lunch Menu
October/November 2018**

| | Lean & Green Monday 10/29 | Tuesday 10/30 | Wednesday 10/31 | Thursday 11/1 | Friday 11/2 |
|--------------------------|---|---|--|---|---|
| Entrée – choose 1 | **Veggie Pasta Bake (41g) & Breadstick (17g) **Blazin’ Buffalo Wrap (51g) **Vegetable Egg Roll (22g) & Egg Fried Rice (29g) | **Cheese & Bean Enchilada (42g) **Macaroni-n-Cheese (25g) & Cornbread (29g) *Chicken Patty on Bun (34g) | * Philly Steak & Cheese Sub (33g) *Fiestada Pizza (43g) *Turkey Sausage & French Toast Sticks (58g) | *Hamburger on Bun (25g) *Turkey Divan (33g) & Cornbread (29g) *Hot & Spicy Chicken Drumstick & Waffle (35g) | *Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Fiesta Nachos (36g) |
| | COLD ENTREES **Chipotle Wrap (65g) & Cheese Stick (1g) Combo **Cottage Cheese (6g) + Muffin (26-28g) + Fruit | COLD ENTREES *Turkey & Cheese Wrap (35g) *Egg Combo (34-59g) | COLD ENTREES *Regular (43g) or Spicy Chicken Wrap (43g) **Yogurt Parfait (72-91g) & Muffin (26-28g) | COLD ENTREES **Veg Out Sub (40g) *Crispy Chicken Salad (27g) & Cornbread (29g) | COLD ENTREES *Turkey Ham & Cheese Sub (31g) *Chef Salad (17g) & Cornbread (29g) |
| Choose 1 or more | *Green Beans (5g) **Black beans (22g) | *Potato of Choice (14-37g) *Collard Greens (4g) | *Corn (17g) *Hot Apple Slices (20g) | *Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g) | *Steamed Broccoli (2g) |

WEEK 3

| | Lean & Green Monday 11/5 | Tuesday 11/6 | Wednesday 11/7 | Thursday 11/8 | Friday 11/9 |
|--------------------------|--|---------------------|---|--|--|
| Entrée – choose 1 | **Cheese Pizza (35g) **Two Bean Chili (39g) & 2 Cornbread (58g) **BBQ Burger on Bun (44g) | NO SCHOOL | *Cheeseburger on Bun (26g) *Pepperoni Pizza (35g) *Sloppy Joe on Bun (36g) |  *Ohio Day Cheese Pizza (41g) **Cheese & Bean Burrito (40g) *Chicken Drumstick & Waffle (34g) | *Hamburger on Bun (25g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chicken Fajita (39g) |
| | COLD ENTREES **Sun Butter Grab-n-Go (71-77g) **Super Garden Salad (13g) & Cornbread (29g) | | COLD ENTREES *BBQ Chicken Wrap (49g) **Yogurt Parfait (72-91g) & Muffin (26-28g) | COLD ENTREES *Turkey & Cheese Sub (29g) *Italian Salad (10g) & Breadstick (17g) | COLD ENTREES *Turkey Ham & Cheese Wrap (36g) *Crispy Chicken Salad (27g) & Breadstick (17g) |
| Choose 1 or more | *Corn (17g) **Black beans (22g) | | *Steamed Cabbage (3g) | *Steamed Broccoli (2g) | *Italian Mixed Vegetables – zucchini, carrot, cauliflower, Italian green beans & lima beans (5g) |

WEEK 4


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. **Plant-based food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 10/12/2018



**High School Grades 9-12 Lunch Menu
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| | Lean & Green Monday 11/12 | Tuesday 11/13 | Wednesday 11/14 | Thursday 11/15 | Friday 11/16 |
|--------------------------|---|--|---|---|--|
| Entrée – choose 1 | **Toasted Cheese Sandwich (32g) **Amazing Lo Mein w/ beans (63g) or w/ eggs (46g) & Cornbread (29g) **Cheese & Bean Enchilada (42g) | *Southwest Burger on Bun(26g) *Chicken and Cheese Taquitos (30g) *Lasagna (34g) & Breadstick (17g) | *Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g) *Pepperoni Pizza (35g) *Turkey & Cheese Melt (31g) | *Hot Italian Sub (30g) *Cheesy Chicken Crunch Wrap (57g) **Veggie Burger (39g) or Cheeseburger on Bun (27g) | *Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chili Cheese Coney (31g) |
| | COLD ENTREES **Egg Salad on Croissant (32g) **Cottage Cheese (6g) + Muffin (26-28g) + Fruit | COLD ENTREES *Turkey & Cheese Sub (29g) **Super Garden Salad (13g) & Breadstick (17g) | COLD ENTREES *Turkey Ham & Cheese Sub (31g) **Yogurt Parfait (72-91g) & Muffin (26-28g) | COLD ENTREES *Italian Sub (30g) *Egg Combo (34-59g) | COLD ENTREES *Cobb Salad (12g) & Cornbread (29g) |
| Choose 1 or more | *Steamed Broccoli (2g) *Tomato Soup (15g) and Saltines (19g) | *Collard Greens (4g) **Garbanzo beans (20g) | *Corn (17g) *Hot Apple Slices (20g) | *Potato of Choice (14-37g) *Edamame Medley – edamame, corn, carrots, & red peppers (8g) | **Baked Beans (28g) |

WEEK 1

| | Lean & Green Monday 11/19 | Tuesday 11/20 | Wednesday 11/21 | Thursday 11/22 | Friday 11/23 |
|--------------------------|--|--|------------------------|---|---------------------|
| Entrée – choose 1 | **Fiesta Rice and Beans with Tortilla Chips (77g) **Cheesy Crescent Roll (33g) **Sausage & French Toast Sticks (64g) | *Turkey/Gravy(3g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (37g) | NO SCHOOL | NO SCHOOL | NO SCHOOL |
| | COLD ENTREES **Sun Butter Grab-n-Go (76g) **Super Garden Salad (13g) & Muffin (26-28g) | COLD ENTREES *BBQ Chicken Wrap (49g) *Cobb Salad (12g) & Muffin (26-28g) | |  | |
| Choose 1 or more | *Green Beans (5g) | *Mashed Potatoes with Gravy (23g) *Brussels Sprouts (7g) | | | |

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. **Plant-based food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 10/12/2018