

Month Year

School District High School Lunch Menu



Monday

Lunch \$0.00
(Milk included with meal)

Milk 00¢
Offered Daily:
Fat Free Flavored ²⁰
Fat Free White ¹²
1% White ¹¹

Tuesday

Wednesday

Thursday

Friday

4

Popcorn Chicken Bowl ¹³
w/ Multigrain Dinner Roll ¹³
Garlic Whipped Potatoes ¹⁴
w/ Roasted Beef Gravy ⁴
Golden Sweet Corn ¹⁸
Watermelon Juice ¹⁴
Petite Yellow Banana ²⁷

5

Slow Simmered Spicy Lentils ²⁰
with Homemade Taco Seasoning
Served on a bed of Cilantro Lime
Brown Rice ⁴⁵ or Whole Grain Corn
Tortilla Chips ³⁸
Fresh Tomato Pico de Gallo ⁵
Roasted White Kernel Corn ¹⁸
Plump Blueberries ¹¹
Juicy California Orange ¹¹

6

Creamy Mozzarella Chicken
Alfredo Bake ³⁷
w/ Fresh Garlic Toast ¹⁴
Orange Glazed Carrots ¹⁴
Bright Fresh Kale Salad ⁷
w/ Citrus Garlic Dijon Vinaigrette
Summer Fruit Medley ¹³
Fresh Bunch of Grapes ⁸

7

Flamed Chicken Fajitas ³³
w/ Fresh Cilantro Lime Brown Rice ²³
Black & White Bean Salsa ¹⁴
Sautéed Bell Peppers
& Spanish Onions ⁴
Raspberry Juice ¹⁴
Fresh Bartlett Pear ¹¹

8

Apple Balsamic Tuna Wrap in a
Spinach Tortilla ³⁵
Baked Potato Puffs ¹⁹
Light Confetti Coleslaw ⁶
Sweet Baby Tangerines ¹⁴
Crisp Braeburn Apple ¹⁶

11

Honey-Crunch
Mini Turkey Corn Dogs ³⁴
w/ Stone-Grind
Whole Grain Corn Chips ¹⁶
Tangy BBQ Baked Beans ²⁰
Maple Roasted Butternut Squash
Sweet Bartlett Pears ¹⁴
Sliced Strawberries ¹⁰

12

Cilantro Chicken Tacos ³²
w/ Authentic Spanish Rice ²¹
Refried Pinto Beans ²⁰
Spicy Red Pepper Sweet Corn ¹⁸
Cherry Juice ¹⁴
Petite Yellow Banana ²⁷

13

Macaroni blended with a
Homemade Creamy
Cheese Sauce ³³
w/ Multigrain Dinner Roll ¹³
Fresh Broccoli Florets ³
Pickled Ruby Red Beets ⁶
Cling Peaches ¹³
Crisp Braeburn Apple ¹⁶

14 Farm Fresh Produce

Monte Cristo* Grilled
Chicken Sandwich ²⁹
w/ Strawberries ⁵
Roasted Garlic Carrots ¹⁰
Garlic Roasted Zucchini Coins ⁴
Pure Apple Juice ¹⁴
Petite Yellow Banana ²⁷

15

Garlic Cheesy Flatbread ³⁸
w/ Ripe Tomato Basil Marinara ⁴
Roasted Turnips ⁶
Garden Veggie Combo ⁶
Summer Fruit Medley ¹³
Fresh Grapes on the Vine ⁸

18

Baja Bean Tacos
Seasoned w/ Chili, Cumin, Garlic
& Onion Served w/ Steamed
Ultragrain Tortillas ⁵⁵
All Natural Premium Salsa ³
Cultured Sour Cream ¹
Ripe Cherry Tomatoes ³
Roasted Sweet Corn ¹⁸
Sliced Strawberries ¹⁰
Sweet Baby Tangerines ¹⁴

19

Coney 100% Turkey Dog ³⁰
w/ Chili ⁴ and Aged Cheddar ⁰
Bright Baby Carroteenies ⁴
& Crunchy Celery Sticks ¹
w/ Garlic & Herb Ranch ⁶
Baked Crinkle Cut Fries ¹³
Warm Fruit Compote ²¹
Crisp Braeburn Apple ¹⁶

20

Fresh Octo-Veggie
& Chicken Stir Fry ¹⁰
w/ Steamy Brown Rice ⁴⁶
Sugar Snap Peas ⁹
Steamed Carrot Coins ⁶
Cinnamon Apples ¹⁴
Petite Yellow Banana ²⁷

21

Shredded Texas BBQ Turkey
Sandwich on a Steamed Bun ⁴⁴
Fresh Gingered Red Cabbage ⁸
Baked Sweet Potato Sticks ²²
Cling Peaches ¹³
Juicy California Orange ¹¹

22

Mozzarella Pizza Dippers ³⁴
w/ Savory Ripe Tomato Basil
Dipping Sauce ⁴
Golden Sweet Corn ¹⁸
Italian Romaine Salad ³
Raspberry Juice ¹⁴
Crisp Red Apple ¹⁶

25

Made-from-Scratch
Orange-Infused Garbanzo Bean
Veggie Burger ⁵⁴
w/ Roasted Red Pepper Spread ¹
Ripe Tomato Slices ⁴
Chilled Cucumber Coins ²
Sweet Baby Tangerines ¹⁴
Plump Blueberries ¹¹

26

Spicy Orange ¹⁹ or Teriyaki BBQ ¹⁰
Chicken w/ Fried Brown Rice ⁷⁰
Asian Veggie Fusion ⁷
Bright Green Edamame ⁸
Cinnamon Applesauce ²⁵
Pineapple Wedges ¹⁹

27

Kansas City BBQ *Rib
Sandwich on a Soft Bun ⁴²
French-Cut Green Beans ⁶
Baked Sweet Potato Puffs ²³
Cling Peaches ¹³
Fresh Bartlett Pear ¹¹

28

Walking Tacos Scoops ²²
w/ Turkey Taco Meat
Spanish Brown Rice ²⁶
Southwestern Black Beans ¹⁸
Dark Romaine Ribbons ²
All Natural Premium Salsa ³
Cinnamon Bartlett Pears ¹⁴
Fresh Bunch of Grapes ⁸

29 Farm Fresh Produce

Fresh Zucchini Veggie Quesadillas ⁴²
made with Black Beans & Cheddar
All Natural Premium Salsa ³
Roasted Baby Red Potatoes ²¹
Crunchy Carroteenies ⁴
Unsweetened Applesauce ¹⁵
Refreshing Melon Wedges ⁸

Farm Fresh Produce
featuring... **Zucchini**
The largest zucchini weighed 65lb and
was 7'10.3" - about the length of a
Mako Shark!

Available Daily

Fruit & Veggie Bar
featuring local produce!
with Fresh Picked Fruit and Garden Vegetables,
100% Fruit Juice, and Fruit in 100% juice

Juicy Grilled Beef Burgers

Baked Chicken Sandwiches

Fiesta Taco or Nacho Supreme Station [✓]

Classic Tossed Pizzas [✓]
with Low-Fat Cheese on Whole Grain Garlic Crust

Little Italy Whole Grain Pasta Bar [✓]

FRESH TO GO Salads & Wraps [✓]

Made to Order Deli Bar [✓]
made with low-sodium products and fresh local vegetables

Sunrise Pack: Fresh Fruit, Fat-Free Yogurt,
Whole Grain Muffin, Cheese Stick, and Whole Grain Grahams

Protein Pack: Fresh Hummus, Pita, Veggies

a Nutrition Standards:

- ✓ Encourage delicious & nutritious Fruits & Vegetables
- ✓ Chicken raised Cage-Free and Grain-Fed with NO added Hormones or Steroids
- ✓ Milk with NO added Artificial Growth Hormones
- ✓ Whole Grain Rich products everyday
- ✓ Baked instead of Deep Fried
- ✓ Minimal Saturated Fat, Added Sugars, Artificial Ingredients, and Sodium whenever possible!

Questions

Call
Food Service
XXX-XXX-XXXX

Menu changes may be necessary. Notice will be given when possible.

A comprehensive Nutrition & Allergy Guide
is available in the Food Service Office.

For more information
or to "Ask the Dietitian",
check out our website!

(*) Contains Pork

Items in Green indicate a Vegetarian entrée (Pescatarian)

(*) Entrée has a Vegetarian option

Carbohydrates are noted in Red

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