

Month Year

School District High School Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
FEATURES	Greek Style Gyros Whole Grain Pita Fresh Tzatziki Sauce Steamed Lemon Dill Rice Israeli Salad Fresh Strawberries	BBQ Pulled Pork* Steamed Pretzel Bun Purple Cabbage Slaw BBQ Baked Beans Fresh Baked Cinnamon Apples	General Tso [∇] Diced Chicken or Tofu Veggie Fried Brown Rice Spicy Edamame Asian Veggie Fusion Mandarin Oranges	Chicago Style Hot Dogs Yellow Mustard, Green Relish, Chopped White Onion, Tomato Wedges, Pickle, Sport Peppers, and Celery Salt Fresh Watermelon	Lemon Peppered Haddock Rice Pilaf Steamed Broccoli Grilled Zucchini Plump Blueberries
Assemble It!	Sweet & Spicy BBQ Chicken Flatbread	Penne alla Caprese Cherry Tomatoes, Mozzarella, and Fresh Basil drizzled with Garlic Olive Oil	Homemade Pepperoni* Calzone Deluxe	Three Cheese Ravioli in Tomato Basil Marinara	Prosciutto* Pizza Sliced Prosciutto, Grated Mozzarella & Parmesan topped with Fresh Arugula & drizzled with Garlic Olive Oil
Los Hermanos	Burrito Bowl [∇] Diced Chicken, Fajita Beef, or Spicy Lentil <i>Salsa Fresca del Día</i> Traditional Pico de Gallo	Grilled Quesadillas [∇] Sliced Beef, Diced Chicken, or Veggie & Bean Medley <i>Salsa Fresca del Día</i> Roasted Corn Tomato Garlic	Nacho Supreme [∇] Beef Barbacoa, Ground Turkey, or Spicy Lentil <i>Salsa Fresca del Día</i> Tomatillo & Cilantro Corn	Taco Bar [∇] Grilled Cilantro Fish, Diced Chicken, or Spicy Lentil <i>Salsa Fresca del Día</i> Chopped Avocado Jicama	Sizzlin' Fajitas [∇] Beef Barbacoa, Fajita Chicken, or Southwestern Black Bean <i>Salsa Fresca del Día</i> Spicy Salsa Verde
Jr's Grill	The Swiss Burger [∇] Grilled Mushrooms, Sautéed Onions & Melted Swiss Cheese	Cowboy Burger [∇] Jalapeños, Guacamole, & Pepper Jack Cheese	The Gourmet Morning Burger [∇] Peanut Butter, Fried Egg, Bacon* & Cheddar	Pizza Italiano Burger [∇] Mozzarella, Tomato Marinara & Giardinera	El Diablo Burger [∇] Spicy Cheddar Sauce, Jalapeños & Sriracha Aioli
	Toasted Turkey BLT*	Tuna Cheddar Melt	Croque Monsieur Ham Panini*	Jalapeño Popper Grilled Cheese	Toasted Chicken Alfredo Wrap
Garden Spot	Buffalo Chicken Crispy Baked Chicken tossed in Buffalo Sauce over a bed of Romaine Ribbons with Carrots & Blue Cheese Crumbles	Greek Chicken Grilled Lemon Oregano Chicken Breast, Feta, Olives & Roasted Peppers over a bed of Baby Spinach	Tuscan Tuna Tuna tossed with Fresh Lemon, Olive Oil, Garlic & Parsley with Roasted Red Pepper, Red Onion & Chopped Spinach	Black & Blue Juicy Sliced Steak with Crumbled Blue Cheese & Tomato Wedges over Crisp Romaine & Peppery Arugula	Mediterranean Chickpea Cherry Tomatoes, Cucumber, Red Onion, Fresh Parsley & Dill over Chopped Romaine drizzled with House Balsamic
Fresh N' Go	Spicy Roasted Red Pepper Hummus Soft Pita Wedges & Fresh Veggie Crudité	Protein Power Pack Hard Egg, Cheddar, Almonds & Craisins	Jalapeño Lime Hummus Soft Pita Wedges & Fresh Veggie Crudité	Nibbler Pack Nut Butter, Multigrain Crackers, Apple Slices & Celery Sticks	Lemon Garlic Hummus Soft Pita Wedges & Fresh Veggie Crudité

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

Jr's Grill
Select a Juicy Beef Burger, Veggie Burger,
Crispy Chicken, or Grilled Chicken Breast on a
Whole Grain, Classic Sesame, or Pretzel Roll

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

Deli Express
[∇] Made to Order Deli Sandwiches, Wraps, and
Salads with a Variety of Deli Meats, Cheeses,
Toppings, Dressings & Vinaigrettes
with Fresh Baked Rolls, Sliced Breads &
Tortillas as well as Fresh, Local Produce!

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