



High School Lunch Menu

December 2016

28

side items

29

side items

30

side items

1
Sweet & Sour Chicken, Beef & Bean Burrito
 Chicken Patty, Burger, Pizza Variety
 Yogurt Parfait w/ Granola and String Cheese

Broccoli, Tots
 Fruit, juice

side items

2
Fish Sticks, Pulled Pork Sandwich
 Chicken Cordon Bleu on a Roll
 Chicken Patty, Burger, Pizza Variety
 Yogurt Parfait w/ Granola and String Cheese

Carrots, Tots
 Fruit, juice

side items

5
Oven Roasted Chicken, Chicken Fajita
 Spaghetti Carbonara
 Chicken Patty, Burger, Pizza Variety

Broccoli, fries
 Fruit, juice

side items

6
Honey Mustard Chicken Melt, Pasta with Meat sauce
 Hot Dog
 Chicken Patty Sandwich, Burger, Pizza Variety

Green Beans, Tots
 Fruit, juice

side items

7
Chicken Tenders w/ Breadsticks, Corn Dog, Nachos
 Chicken Patty, Burger, Pizza Variety
 Yogurt Parfait w/ Granola and String Cheese

Fruit, juice

side items

8
Beef and Bean Nachos, Grilled Cheese,
 Chicken and Sausage over Rice
 Chicken Patty, Burger, Pizza Variety
 Yogurt Parfait w/ Granola and String Cheese

Baked Beans, Tots
 Fruit, juice

side items

9
Generals Tso Chicken w/Veggies, Tacos,
 Chicken Ranch and Cheese flatbread
 Chicken Patty Sandwich, Burger, Pizza Variety

Spinach, Tots
 Fruit, juice

side items

12
Meatloaf with Gravy, Beef Quesadillas, Chicken Tenders
 Chicken Patty, Burger, Pizza Variety
 Yogurt Parfait w/ Granola and String Cheese

Corn, Tots
 Fruit, juice

side items

13
Chicken Mashed Potato Bowl, Chicken Fajitas
 Hot Dog
 Chicken Patty, Burger, Pizza Variety

Mixed Veggies, Tots
 Fruit, juice

side items

14
Cheesy Penne Bake, Chicken Parm, Bean & beef Burrito
 Chicken Patty, Burger, Pizza Variety
 Yogurt Parfait w/ Granola and String Cheese

Squash, FF
 Fruit, juice

side items

15
Chicken Enchiladas, Nachos, Chicken Nuggets
 Chicken Patty, Burger, Pizza Variety
 Yogurt Parfait w/ Granola and String Cheese

Campfire Beans, Tots
 Fruit, juice

side items

16
Sweet & Sour Chicken, Turkey Melt
 Chicken Patty, Burger, Pizza Variety
 Yogurt Parfait w/ Granola and String Cheese

Broccoli, Tots
 Fruit, juice

side items

19
Pizza Sticks, BBQ Chicken, Tacos
 Chicken Patty, Burger, Pizza Variety
 Yogurt Parfait w/ Granola and String Cheese

Corn, Tots
 Fruit, juice

side items

20
Salisbury Steak w/Noodles, Macaroni and Cheese
 Chicken Patty, Burger, Pizza Variety
 Yogurt Parfait w/ Granola and String Cheese

Green Beans, Fries
 Fruit, juice

side items

21
Orange Popcorn Chicken w/broccoli and Rice
 Chicken Tenders w/ Breadsticks
 Chicken Patty Sandwich, Burger, Pizza Variety

Sweet potato Tots
 Fruit, juice

side items

22
Penne Alfredo w/Chicken, Calzone, Chicken Fajitas
 Chicken Patty Sandwich, Burger, Pizza Variety
 Yogurt Parfait w/ Granola and String Cheese

Black Beans, Tots
 Fruit, juice

side items

23
Chicken Marsala with Rice, Sloppy Joe, Nachos
 Chicken Patty Sandwich, Burger, Pizza Variety
 Yogurt Parfait w/ Granola and String Cheese

Spinach, Tots
 Fruit, juice

side items

26

side items

27
HAPPY HOLIDAYS

side items

28
ENJOY FAMILY

side items

29
CELEBRATE

side items

30

side items

Daily Lunch Specials
 Homemade Soups
 premium Cold Cuts-Salad Bar-over 18 choices

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

Lunch \$2.75 Reduced .25c Adult \$3.61



Healthy Snacks!!
 Questions or concerns, let me know!



Pre Order Lunches

Lunch consists of Grain, Protein, Fruit/Veggie and Milk...Student must take a Fruit/Juice

Cara Dimarsico
 Food Service Director 526-7847 ext 1321

28

side items

29

side items

30

side items

1
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

2
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

5
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

6
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

7
Egg and Cheese Sandwich, Waffles!!!!
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

8
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

9
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

12
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

13
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

14
Egg and Cheese Sandwich, Waffles!!!!
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

15
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

16
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

19
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

20
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

21
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

22
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

23
Egg and Cheese Sandwich
 Yogurt Parfait w/Fruit and Granola
 Hot and Cold Cereal Variety, Donuts
 Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

26

side items

27

side items

28

side items

29

side items

30

side items

Tropicana, Naked and Snapple Juices
 Breakfast is Grain or Protein with Fruit/Juice

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

Breakfast \$1.25 Reduced .25c

Healthy Choices

Cliff Bars, Pancakes, Sausage wrapped in Pancakes



Daily Breakfast Specials-
 Waffle Wednesday

Cara Dimarsico
 Food Service Director 526-7847 ext 1321