High School 9-12 Menu L- HS LUNCH TRANSPORT 9-12

Monday Tuesday Wednesday Thursday Friday

Spaghetti*with Meat Sauce
Turkey Sandwich*with
Tortilla Chips* and Salsa
Jalapeno Cheese Bites* (V)
Salad Bar
Milk, White 1%
Milk, Chocolate NF
Ranch Dressing Cup

Chicken Patty Sandwich* with Potato Wedges, Seasoned (1c) Chicken, WG Breaded Drumstick Mac N Cheese* (V) Garlic Breadstick* Salad Bar Milk, White 1% Milk, Chocolate NF Ketchup

Sep 5

No School

Sep 6

Teriyaki Chicken with Brown Rice* Fajita Chicken Wrap* Fruit & Yogurt Parfait* (V) Salad Bar Milk, White 1% Milk, Chocolate NF Sep 7

Fajita Chicken Salad
with Tortilla Chips*
Pepperoni Pizza* Slice
Grilled Cheese Sandwich* (V)
Potato Wedges, Seasoned 1/2c.
Salad Bar
Milk, White 1%
Milk, Chocolate NF
Ketchup
Ranch Dressing Cup

Sep 8

Sep 1

Spaghetti*with Meat Sauce Turkey Sandwich* with Tortilla Chips* and Salsa Jalapeno Cheese Bites* (V) Salad Bar Milk, White 1% Milk, Chocolate NF Ranch Dressing Cup Sep 9

Sep 2

Breaded Chicken Sandwich*
With Potato Wedges
Oven Fried Chicken Meal*
Mac N Cheese*
w/Garlic Breadstick*
Salad Bar
Milk, White 1%
Milk, Chocolate NF
Ketchup

Sep 12

Cheeseburger* with
Potato Wedges, Seasoned (1c)
Orange Chicken
with Brown Rice*
Cheese Pizza Slice* (V)
Salad Bar
Milk, White 1%
Milk, Chocolate NF
Ketchup

Sep 13

Fajita Chicken Salad
with Tortilla Chips*
Pepperoni Pizza* Slice
Grilled Cheese Sandwich* (V)
W/Potato Wedges, Seasoned 1/2c.
Salad Bar
Milk, White 1%
Milk, Chocolate NF
Ketchup
Ranch Dressing Cup

Sep 14

Teriyaki Chicken with Brown Rice* Fajita Chicken Wrap* Fruit & Yogurt Parfait* (V) Salad Bar Milk, White 1% Milk, Chocolate NF Sep 15

Spaghetti*with Meat Sauce Turkey Sandwich* with Tortilla Chips* and Salsa Jalapeno Cheese Bites* (V) Salad Bar Milk, White 1% Milk, Chocolate NF Ranch Dressing Cup Sep 16

Breaded Chicken Sandwich*
With Potato Wedges
Oven Fried Chicken Meal*
Mac N Cheese* (V)
W/Garlic Breadstick*
Salad Bar
Milk, White 1%
Milk, Chocolate NF
Ketchup

Sep 19

Cheeseburger* with
Potato Wedges, Seasoned (1c)
Orange Chicken
with Brown Rice*
Cheese Pizza Slice* (V)
Salad Bar
Milk, White 1%
Milk, Chocolate NF
Ketchup

Sep 20

Fajita Chicken Salad
with Tortilla Chips*
Pepperoni Pizza* Slice
Grilled Cheese Sandwich* (V)
W/Potato Wedges, Seasoned 1/2c.
Salad Bar
Milk, White 1%
Milk, Chocolate NF
Ketchup
Ranch Dressing Cup

Sep 21

Teriyaki Chicken with Brown Rice* Fajita Chicken Wrap* Fruit & Yogurt Parfait* (V) Salad Bar Milk, White 1% Milk, Chocolate NF Sep 22

Spaghetti*with Meat Sauce Turkey Sandwich*with Tortilla Chips* and Salsa Jalapeno Cheese Bites* (V) Salad Bar Milk, White 1% Milk, Chocolate NF Ranch Dressing Cup Sep 23

Breaded Chicken Sandwich*
With Potato Wedges
Oven Fried Chicken Meal*
Mac N Cheese* (V)
w/Garlic Breadstick*
Salad Bar
Milk, White 1%
Milk, Chocolate NF
Ketchup

Sep 26

Cheeseburger* with
Potato Wedges, Seasoned (1c)
Orange Chicken
with Brown Rice*
Cheese Pizza Slice* (V)
Salad Bar
Milk, White 1%
Milk, Chocolate NF
Ketchup

Sep 27

Fajita Chicken Salad with Tortilla Chips* Pepperoni Pizza* Slice Grilled Cheese Sandwich* (V) W/Potato Wedges, Seasoned 1/2c. Salad Bar Milk, White 1% Milk, Chocolate NF Ketchup Ranch Dressing Cup Sep 28

Teriyaki Chicken with Brown Rice* Fajita Chicken Wrap* Fruit & Yogurt Parfait* (V) Salad Bar Milk, White 1% Milk, Chocolate NF Sep 29

Spaghetti*with Meat Sauce Turkey Sandwich* with Tortilla Chips*and Salsa Jalapeno Cheese Bites* (V) Salad Bar Milk, White 1% Milk, Chocolate NF Ranch Dressing Cup Sep 30

Breaded Chicken Sandwich*
With Potato Wedges
Oven Fried Chicken Meal*
Mac N Cheese* (V)
w/Garlic Breadstick*
Salad Bar
Milk, White 1%
Milk, Chocolate NF
Ketchup

USDA and this institution are equal opportunity providers and employers.

Menu subject to change.

Whole grain items are indicated by *.