

SCHOOL LUNCH MENU

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

7

8

High School

Chicken Patty on WG Bun
Mayo, Mustard, Ketchup
French Fries, Pickle Spear
Whole Fresh Fruit Choice
Diced Pears
Milk Choice

9

10

Spaghetti & Meat Sauce
Green Peas
Spinach Salad w/ Ranch
Breadstick
Fruit Cocktail
Whole Fresh Fruit Choice
Milk Choice

11

Ckn. & Sausage Jambalaya
Navy Beans
Carrot Cup w/ Ranch
Dressing
Whole Grain Roll
Apple
Milk Choice

12

Chicken Tenders
Mashed Potatoes & Gravy
Seasoned Green Beans
Whole Grain Roll
Banana
Milk Choice

13

Chicken Soft Tacos on WG
Tortillas, Pinto Beans
Whole Kernel Corn
Salsa, Taco Salad Cup
Shredded Cheese Cup
Orange
Milk Choice

14

Hamburger on WG Bun
Mayo, Mustard, Ketchup
French Fries
Relish Cup
Pineapple Tidbits
Whole Fresh Fruit Choice
Milk Choice

15

16

17

Chicken Nuggets
Mashed Potatoes
Carrot Cup w/ Ranch
Whole Grain Roll
Apple
Milk Choice

18

Pepperoni Pizza
Marinara Dipping Sauce
Garden Salad w/ Ranch
Whole Kernel Corn
Fruit Cocktail
Whole Fresh Fruit Choice
Cherry Jell-O
Milk Choice

19

Orange Chicken
Vegetable Rice
Steamed Broccoli
Marinated Cucumbers &
Tomatoes
Banana
Sugar Cookie
Milk Choice

20

Shrimp Poppers
Homemade Mac & Cheese
Seasoned Green Beans
Spinach Salad w/ Ranch
Pineapple Tidbits
Whole Fresh Fruit Choice
Milk Choice

21

Hot Ham & Cheese **OR**
Roast Beef & Cheese Sub
Mayo, Mustard, Ketchup
French Fries, Relish Cup
Baked Beans
Orange
Milk Choice

22

23

24

Cheesy Chicken Spaghetti
Mozzarella Breadstick
Seasoned Green Beans
Garden Salad w/ Ranch
Pineapple Tidbits
Whole Fresh Fruit Choice
Sugar Cookie
Milk Choice

25

Red Beans w/ Sausage
served on Brown Rice
Whole Grain Roll
Spinach Salad w/ Ranch
Sweet Potatoes
Fruit Cocktail
Whole Fresh Fruit Choice
Milk Choice

26

Breaded Pork Chop **OR**
Salisbury Steak
Mashed Potatoes & Gravy
Black Eyed Peas
Whole Grain Roll
Banana
Milk Choice

27

Beef & Cheese Nachos
Taco Salad Cup
Salsa
Whole Kernel Corn
Diced Pears
Whole Fresh Fruit Choice
Milk Choice

28

Chicken Patty on WG Bun
Mayo, Mustard, Ketchup
French Fries
Relish Cup
Sliced Peaches
Whole Fresh Fruit Choice
Milk Choice

29

30

31

Spaghetti & Meat Sauce
Green Peas
Spinach Salad w/ Ranch
Whole Grain Roll
Fruit Cocktail
Milk Choice

Menu is subject to change based on product availability

