



# Lunch 8-12 High School

Monday	Tuesday	Wednesday	Thursday	Friday
1 Holiday	2 Cheeseburger Pepperoni Pizza Wedge Grilled Chicken Salad Croutons Saltine Crackers Ranch Dressing Spinach Salad Cucumber Slices w/Dip Tater Tots Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruited Gelatin Fruit Juice Low Fat Milk Chocolate Milk Ketchup	3 Chicken Tenders Turkey & Cheese Wrap Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Steamed Rice Raw Veggies with Dip Seasoned Cabbage Black-Eyed Peas Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Cornbread Low Fat Milk Chocolate Milk Ketchup Variety of Dipping Sauce	4 Turkey & Cheese/Bun Chix Patty Sandwich Corn Dog Fruit and Yogurt To Go Grilled Chicken Salad Croutons Saltine Crackers Ranch Dressing Crinkle Cut Fries Seasoned Green Beans Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup Strawberry Gelatin	5 Beef-A-Roni Ham & Cheese on Bun Chef Salad Croutons Saltine Crackers Ranch Dressing Whole Kernel Corn Raw Veggies with Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Mayonnaise Mustard Assorted Puddings
8 Chicken Fajitas Hamburger Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Spanish Rice Spinach Salad Cucumber Slices w/Dip Steamed Broccoli Glazed Carrots Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Graham Crackers Mayonnaise Mustard Ketchup	9 BBQ Pork Sandwich Grilled Chix Sandwich Fruit and Yogurt To Go Chix Salad w/Crackers Chef Salad Croutons Saltine Crackers Ranch Dressing Garden Salad W/Dressing Crinkle Cut Fries Baked Beans Broccoli Florets w/ Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Dick & Jane Cookies Mayonnaise Mustard Ketchup	10 Spaghetti/Meat Sauce Corn Dog Fruit and Yogurt To Go Tuna Salad Chef Salad Saltine Crackers Croutons Ranch Dressing Spinach Salad Steamed Carrots Green Peas Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Garlic Toast Low Fat Milk Chocolate Milk Banana Pudding	11 Pepperoni Pizza Wedge Turkey & Cheese/Bun Chix Salad/Croissant Chix Salad w/Crackers Saltine Crackers Ranch Dressing Garden Salad W/Dressing Whole Kernel Corn Broccoli Salad Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Tart Lemon Squares	12 Chili with Beans Ham & Cheese on Bun Fruit and Yogurt To Go Tuna Salad Chef Salad Saltine Crackers Croutons Ranch Dressing Spinach Salad Seasoned Green Beans Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Mexican Cornbread Low Fat Milk Chocolate Milk Mayonnaise Mustard Assorted Gelatins with Whipped Topping
15 Southern Chicken Sandwich Cheeseburger Fruit and Yogurt To Go Chix Salad w/Crackers Saltine Crackers Ranch Dressing Tossed Salad w/ Dressing Baked Beans Crinkle Cut Fries Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard	16 Hamburger Steak/Gravy Turkey & Cheese Wrap Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Tossed Salad w/ Dressing Mashed Potatoes Southern Turnip Greens Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruited Gelatin Fruit Juice Mexican Cornbread Low Fat Milk Chocolate Milk	17 Orange Chicken Grilled Cheese Sandwich Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Spinach Salad Fried Brown Rice Steamed Broccoli Steamed Carrots Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk	18 Beef Tips Steamed Rice Turkey & Cheese Wrap Corn Dog Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Spinach Salad Seasoned Green Beans Raw Veggies with Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk	19 Chili Cheese/Corn Chips Corn Dog Fruit and Yogurt To Go Grilled Chicken Salad Saltine Crackers Ranch Dressing Tossed Salad w/ Dressing Whole Kernel Corn Glazed Carrots Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard

Ketchup Graham Crackers	Mayonnaise Mustard Brownies	Assorted Gelatins with Whipped Topping	Chocolate Milk Mayonnaise Mustard Assorted Puddings	Ketchup Assorted Gelatins with Whipped Topping
22  Spaghetti/Meat Sauce Corn Dog Fruit and Yogurt To Go Chix Salad w/Crackers Chef Salad Saltine Crackers Croutons Ranch Dressing Spinach Salad Seasoned Green Beans Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Garlic Toast Low Fat Milk Chocolate Milk Assorted Puddings	23  Pepperoni Calzone Hamburger Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Spanish Rice Spinach Salad Cucumber Slices w/Dip Mixed Vegetables Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Assorted Puddings Mayonnaise Mustard Ketchup	24  Cheesy Chix /Rice Turkey & Cheese/Bun Chix Salad w/Crackers Chef Salad Saltine Crackers Croutons Ranch Dressing Steamed Broccoli Glazed Carrots Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Garlic Toast Low Fat Milk Chocolate Milk Mayonnaise Mustard Assorted Gelatins with Whipped Topping	25  Vegetable Beef Soup and Sandwich Combo Ham & Cheese on Bun` Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Garden Salad W/Dressing Steamed Carrots Carrot, Pepper Strips, and Broccoli Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Graham Crackers	26  Buffalo Hot Wings Chili Dog Fruit and Yogurt To Go Grilled Chicken Salad Saltine Crackers Ranch Dressing Garden Salad W/Dressing Crinkle Cut Fries Baked Beans Seasoned Green Beans Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Brownies
29  Chicken Tenders Ham & Cheese on Bun` Fruit and Yogurt To Go Chef Salad Ranch Dressing Saltine Crackers Croutons Spinach Salad Mashed Potatoes Cheesy Broccoli Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Variety of Dipping Sauce Ketchup Mayonnaise Mustard Assorted Puddings	30  Hamburger Steak/Gravy Turkey & Cheese/Bun Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Garden Salad W/Dressing Macaroni and Cheese Black-Eyed Peas Southern Turnip Greens Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Cornbread Low Fat Milk Chocolate Milk Mayonnaise Mustard Assorted Gelatins with Whipped Topping	1  Philly Cheese Steak Sandwich Turkey & Cheese/Bun Fruit and Yogurt To Go Grilled Chicken Salad Croutons Saltine Crackers Ranch Dressing Spinach Salad Tater Tots Cucumber Slices w/Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup Tart Lemon Squares	2  Chili with Beans Grilled Chix Sandwich Grilled Chicken Salad Chef Salad Saltine Crackers Croutons Ranch Dressing Garden Salad W/Dressing Herbed Broccoli Baby Carrots w/Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Blueberries w Topping Fruit Juice Cornbread Low Fat Milk Chocolate Milk Graham Crackers Mayonnaise Mustard	3  Walking Tacos Corn Dog Chef Salad Croutons Saltine Crackers Ranch Dressing Spanish Rice Whole Kernel Corn Raw Veggies with Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Dick & Jane Cookies

This institution is an equal opportunity provider.