



Lunch 8-12 High School

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meat Lovers Pizza Grilled Chix Sandwich Fruit and Yogurt To Go Grilled Chicken Salad Chef Salad Saltine Crackers Croutons Ranch Dressing Tossed Salad w/ Dressing Crinkle Cut Fries Cucumber Slices w/Dip Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Ketchup Mayonnaise Mustard Chocolate Chip Cookie	2 Chicken Tenders Turkey & Cheese Wrap Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Tossed Salad w/ Dressing Black-Eyed Peas Seasoned Cabbage Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Cornbread Low Fat Milk Chocolate Milk Assorted Gelatins with Whipped Topping Variety of Dipping Sauce	3 Roasted Chix Wings Chili Dog Fruit and Yogurt To Go Grilled Chicken Salad Saltine Crackers Ranch Dressing Garden Salad W/Dressing Seasoned Green Beans Cheesy Msh Potatoes Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Brownies	4 Chili Cheese/Corn Chips Turkey & Cheese/Bun Fruit and Yogurt To Go Grilled Chicken Salad Saltine Crackers Ranch Dressing Tossed Salad w/ Dressing Whole Kernel Corn Raw Veggies with Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Tart Lemon Squares
7 Spaghetti/Meat Sauce Ham & Cheese on Bun 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	8 Southern Chicken Sandwich Cheeseburger Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Sweet Potatoes Fries Cucumber Slices w/Dip Baked Beans Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Graham Crackers Mayonnaise Mustard Ketchup	9 Chicken with Alfredo Sauce 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 Whole Wheat Roll Low Fat Milk Chocolate Milk Mayonnaise Mustard Banana Pudding	10 Beef-A-Roni Chix Patty Sandwich 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 Whole Wheat Roll Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup Assorted Puddings	11 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 Assorted Brk Bread
14 Stuffed Crust Pizza 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	15 Hamburger Steak/Gravy Corn Dog Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Mashed Potatoes Black-Eyed Peas Southern Turnip Greens Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Cornbread Low Fat Milk Chocolate Milk Mayonnaise Mustard Assorted Puddings	16 Mandarin Chicken Ham & Cheese on Bun Fruit and Yogurt To Go Chef Salad Ranch Dressing Saltine Crackers Croutons Chicken Egg Roll Steamed Rice California Veggies Vegetable Juice Garden Salad W/Dressing Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Ketchup Mayonnaise Mustard Dick & Jane Cookies	17 Beef Taco/Soft Shell Southern Chicken Sandwich Fruit and Yogurt To Go Grilled Chicken Salad Croutons Saltine Crackers Ranch Dressing Spinach Salad Whole Kernel Corn Cucumber Slices w/Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup Dick & Jane Cookies	18 Holiday

<p>21</p> <p>Holiday</p>	<p>22</p> <p>Stuffed Crust Pizza Country Fried Steak Sandwich Chix Salad/Croissant Chix Salad w/Crackers Saltine Crackers Ranch Dressing Garden Salad W/Dressing Crinkle Cut Fries Broccoli Salad Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Tart Lemon Squares</p>	<p>23</p> <p>Chicken Spaghetti Corn Dog Turkey & Cheese Wrap Tuna Salad Chef Salad Saltine Crackers Croutons Ranch Dressing Steamed Carrots Green Peas Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Garlic Toast Low Fat Milk Chocolate Milk Banana Pudding</p>	<p>24</p> <p>Beef Tips Steamed Rice Ham and Cheese Wrap 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 Chocolate Milk Mayonnaise Mustard Assorted Puddings</p>	<p>25</p> <p>Chicken Fajitas Hamburger Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Spanish Rice Spinach Salad Steamed Broccoli Glazed Carrots Vegetable Juice Fresh Orange Smiles Chilled Fruits Flavored Raisins Fruit Juice Low Fat Milk Chocolate Milk Graham Crackers Mayonnaise Mustard Ketchup</p>
<p>28</p> <p>Beefy Nachos Grande Turkey & Cheese/Bun Fruit and Yogurt To Go Grilled Chicken Salad Saltine Crackers Ranch Dressing Tossed Salad w/ Dressing Whole Kernel Corn Raw Veggies with Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Tart Lemon Squares</p>	<p>29</p> <p>Chicken Tenders Turkey & Cheese Wrap Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Tossed Salad w/ Dressing Steamed Rice Brown Gravy Black-Eyed Peas Seasoned Cabbage Vegetable Juice Fresh Fruit Bowl Chilled Fruits Flavored Raisins Fruit Juice Cornbread Low Fat Milk Chocolate Milk Assorted Gelatins with Whipped Topping Variety of Dipping Sauce Ketchup</p>	<p>30</p> <p>Cheeseburger Meat Lovers Pizza Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Spinach Salad Broccoli Florets w/ Dip Tater Tots Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruited Gelatin Fruit Juice Low Fat Milk Chocolate Milk Ketchup Fruit Crisp</p>	<p>1</p> <p>Chicken Quesadillas Chix Patty Sandwich Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Spanish Rice Spinach Salad California Veggies Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Southern Mud Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup</p>	<p>2</p> <p>Mexican Pizza Grilled Chix Sandwich Fruit and Yogurt To Go Grilled Chicken Salad Chef Salad Saltine Crackers Croutons Ranch Dressing Tossed Salad w/ Dressing Crinkle Cut Fries Mixed Vegetables Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Ketchup Mayonnaise Mustard Chocolate Chip Cookie</p>

This institution is an equal opportunity provider.