

September 2026

HIGH SCHOOL & JR HIGH LUNCH

TO MAKE IT A MEAL, SELECT UP TO 2 FRUITS AND/OR VEGETABLES AND CHOICE OF MILK.

NUTRITION BAR OFFERED DAILY WITH ASSORTED FRUITS & VEGETABLES

See any server for details and assistance. Milk varieties include 1% low fat and fat-free choices.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Taco 1 ea. Charro Beans ½ c Nutrition Bar Choice of Fruit ½ c \	Korean Chicken Rice Bowl 1 ea. Roasted Broccoli ½ c Nutrition Bar Choice of Fruit ½ c	Chicken Patty Sandwich 1 ea. Galic Herb Green Beans ½ c Nutrition Bar Choice of Fruit ½ c	
No School	Beef Birria 1 serving Pizzazz Beans ½ c Lime Rice ½ c Nutrition Bar Choice of Fruit ½ c	Walking Tacos 1 serving Rice ½ c Nutrition Bar Choice of Fruit ½ c	Spicy Chicken Patty Sandwich 1 ea. Galic Herb Green Beans ½ c Nutrition Bar Choice of Fruit ½ c	
Breakfast For Lunch 1 serving Tater Tots ½ c Nutrition Bar Choice of Fruit ½ c	Beef Nacho Bar 1 serving Cheesy Beans ½ c Nutrition Bar Choice of Fruit ½ c	Chicken Lo Mein Bowl 1 serving Seasoned Carrots ½ c Nutrition Bar Choice of Fruit ½ c	Spaghetti & Meat Sauce /Breadstick 1 serving Garlic Herb Green Beans ½ c Nutrition Bar Choice of Fruit ½ c	  Jamaican Jerk Chicken
Pop Corn Chicken 1 serving Roasted Potato's ½ c Nutrition Bar Choice of Fruit ½ c	Frito Pie 1 serving Black Beans ½ c Nutrition Bar Choice of Fruit ½ c	Spaghetti /Breadstick 1 serving Glazed Carrots ½ c Nutrition Bar Choice of Fruit ½ c	Chicken Bacon Ranch Sandwich 1 serving Roasted Brussels Sprouts ½ c Nutrition Bar Choice of Fruit ½ c	  Heirloom Tomato Salad
Roasted Chicken / Dinner Roll Mashed Potato's ½ c Nutrition Bar Choice of Fruit ½ c	Tostadas 1 serving Cheesy Beans ½ c Rice ½ c Nutrition Bar Choice of Fruit ½ c	Orange Chicken 1 serving Sesame Green Beans ½ c Nutrition Bar Choice of Fruit ½ c Alt:	 SPICEOLOGY K-12 by Elmor experiments with flavor on the menu with the use of Spiceology Salt-Free blends.	 Mediterranean Sweet Potato

Daily Alternate Entrée Options

Pizza (Cheese & Pepperoni)

M: Buffalo
 Tu: Pepperoni
 W: Meat Lovers
 Th: Chicken Bacon Ranch

Grab & Go Options:

Yogurt Parfait
 Bento Box
 PB & Jelly Smucker's

Deli Sandwiches:

Turkey Deluxe
 Ham & Cheese Sandwich
 Tuna Salad Sandwich
 Chicken Salad Sandwich
 Hot & Spicy Sandwich

Entrée Salads:

Salad Bar if offered as a meal

Grilled Entrée :

Cheeseburgers
 Chicken Sandwiches
 Corn Dog
 Hot Dogs
 BBQ Sandwiches