



High School June 2018



Week 1					1 1. Chicken Alfredo w/Pasta and Fresh Baked WG Breadstick Steamed Broccoli Fruit Cocktail
Week 2	4 1. French Toast Sticks w/wo Eggs Tater Tots Strawberry Cups	5 1 Chicken Burrito Bar Spanish Black Beans Diced Pears	6 1. Chicken w/wo Fresh Baked WG Biscuit Steamed Carrots Pineapple Tidbits	7 1. Homemade Baked Ziti w/wo Fresh Baked Breadstick Steamed Broccoli Mixed Fruit	8 1. Chicken & Waffles French Fries Applesauce
Week 3	11 1. Macaroni & Cheese Bar Baked Beans Diced Peaches	12 1. Spaghetti & Meatballs w/wo Fresh Baked WG Breadstick Green Beans Applesauce	13 1. Homemade Chicken Enchiladas Steamed Broccoli Mixed Fruit	14 1. Chicken Tenders w/wo Fresh Baked WG Roll French Fries Diced Pears	15
Week 4	18	19	20	21	22
Week 5	25	26	27	28	29

Daily Salad Choices:

Week 1: Crispy Chicken Salad w/Roll
 Week 2: Chef Salad w/Roll
 Week 3: Turkey Cobb Salad w/Roll
 Week 4: Chicken Caesar Salad w/Roll
 Week 5: Buffalo Chicken Salad w/Roll
Garden Salad w/Cheese available daily

Salads served with Fresh Baked Dinner Roll(s)

A variety of seasonal fresh fruits and vegetables are available daily – apples, oranges, bananas, cupped fruit, broccoli, baby carrots

Low Fat and Fat Free Milk is available for all meals

Pizza Choices:

Monday: Buffalo Chicken & Steak & Cheese Calzones
 Tuesday: Meat Lovers & Buffalo Chicken Calzones
 Wednesday: Chicken Bacon Ranch & Steak & Cheese Calzones
 Thursday: Meat Lovers & Buffalo Chicken Calzones
 Friday: Meat Lovers & Steak & Cheese Calzones

Cheese & Pepperoni Pizza available daily

All pizzas feature whole grain crusts

Daily Grill Choices:

Monday: Buffalo Chicken Sandwich
 Tuesday: Bacon Cheeseburger
 Wednesday: Hot Dog on a Bun
 Thursday: Buffalo Chicken Sandwich
 Friday: Fish Sandwich

Cheeseburger & Chicken Patty Daily

Daily Deli Choices:

Week 1: Chicken Caesar Wrap
 Week 2: Chicken Salad Sub
 Week 3: Chicken Ranch Wrap
 Week 4: Ham, Turkey & Cheese Sub
 Week 5: Italian Sub

Turkey and Cheese Sub available everyday

Meal Definition: 1 meat/meat alternative, 1 bread/grain, 2 servings of fruit, 2 servings of vegetables & 1 low fat or fat free milk. Meals must include at least 3 components and 1 must be a fruit or vegetable.

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