



High School Lunch Menu



Chef Metz is "Cookin' Up"



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets Potato Wedges Corn	Meat Sauce Spaghetti Carrots	Chicken Alfredo Fettucine Broccoli	Pepperoni Pizza Fries Green Salad	Baked Ziti Cauliflower
Grilled Cheese	Vegetable Sauce	Vegetable Alfredo	Cheese Pizza	N/A
Apples	Bananas	Mandarin Oranges	Grapes	Pears

Wrap and Salad of the Week: Turkey Chef Salad / Turkey and Cheese Wrap

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburgers Sweet Potato Fries Carrots	BBQ Chicken Rice Green Beans	Chicken Tenders Fries Baked Beans	Grilled Chicken Sandwich Tater Tots Broccoli	Sweet and Sour Chicken Rice Eggroll
Veggie Burger	BBQ Tofu	Mozzarella Sticks	Grilled Tofu Sandwich	Vegetable Rice
Apples	Oranges	Bananas	Pineapple	Mandarin Oranges

Wrap and Salad of the Week: Grilled Chicken Salad / Grilled Chicken Wrap

Monday	Tuesday	Wednesday	Thursday	Friday
Crispy Chicken Sandwich Fries Corn on the Cob	Pulled Chicken Sandwich Tater Tots Coleslaw	Cheese Pizza Sweet Potato Fries Cauliflower	Hamburger Fries Broccoli	Fried Chicken Mac and Cheese Cornbread
Veggie Burger	Grilled Cheese Sandwich	N/A	Veggie Burger	Vegetable Blend
Apples Choice of Milk	Bananas Choice of Milk	Oranges Choice of Milk	Pears Choice of Milk	Pineapple Choice of Milk

Wrap and Salad of the Week: Crispy Chicken Salad / Crispy Chicken Wrap

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dogs Cheesy Fries Coleslaw	Italian Sausage Tater Tots Peppers and Onions	Hot Ham and Cheese Potato Wedges Kernel Corn	Fried Fish Sandwich Onion Rings Garden Salad	Meatball Sub Fries Carrots
Grilled Tofu	Fried Tofu	Grilled Cheese	Mozzarella Sticks	Veggie Burger
Apples Choice of Milk	Grapes Choice of Milk	Mandarin Oranges Choice of Milk	Bananas Choice of Milk	Pears Choice of Milk

Wrap and Salad of the Week: Chicken Caesar Salad / Chicken Caesar Wrap

DAILY ENTRÉE OPTIONS MAY INCLUDE:

Choice of Milk

Vegetarian Options are listed in Green.

Please have student sign up with the Food Service Manager for Daily Vegetarian Options.

What is a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Meat or meat alternate,
choice of vegetable,
choice of fruit,
grain/ bread and
choice of milk

1% White, Fat Free Chocolate

**A minimum of
1/2 cup serving of fruit
or a minimum of
a 1/2 cup vegetable
MUST accompany a**

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