



High School LUNCH MENUS 2017 - 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOME COOKING LINE, #1	Tangy Lemon Chicken with Sauce Steamed Brown Rice w/Veg's., 1 cup Orange Glazed Carrots, 1/2 c. Oriental Mixed Veg., 1/2 c. WG Vegetable Egg Roll, 1/2 c. V8 Fusion (1 svg fruit & 1 veg) Asstd. Fresh Fruit only, 1 cup	Carne Guisada with Corn Tortillas (2 ea.) <i>(salsa optional)</i> Beans a la Charra, 1/2 c. Romaine & Diced Tomato Salad w/Ranch Dressing, 1 cup Homemade Fideo, scoop #6 Asst. Fresh/Canned Fruit, 1 c.	Salisbury Steak w/brown gravy WG Dinner Roll, 2 oz. Mashed Potatoes, 1/2 c. Brown Gravy, 1 oz. Cinnamon Glazed Carrots, 1/2 c. Asst. Fresh & Canned Fruit, 1 c.	Br. Chicken Alfredo Over Rotini Pasta Dinner Roll, 2 oz. Italian Mixed Vegetables, 1/2 c. Dill Seasoned Carrots, 1/2 c. Asst. Fresh Fruit, 1/2 c. Asst. Canned Fruit, 1/2 c.	Pepperoni Primo Pizza OR Pepperoni Pizza 4x6 piece Romaine & Cherry Tomato Salad w/Italian Dressing, 1 cup Golden Corn, 1/2 c. V8 Fusion (1 svg fruit & 1 veg) OR Fruit Smoothie, 8 oz. Asstd. Fresh Fruit only, 1 c.
GRILL LINE, #3	Sweet Asian Clux Delux Chicken Chunks Steamed Brown Rice w/Veg's., 1 cup Orange Glazed Carrots, 1/2 c. Oriental Mixed Veg., 1/2 c. WG Vegetable Egg Roll, 1/2 c. V8 Fusion (1 svg fruit & 1 veg) Asstd. Fresh Fruit only, 1 cup	Spicy Breaded Chicken Patty on Hamburger Bun <i>mustard, mayo, ketchup</i> Romaine Burger Salad, 1 cup Seasoned 8 cut Wedges, 1/2 c. Asst. Fresh Fruit, 1/2 c. Asst. Canned Fruit, 1/2 c.	HAMBURGER and/or CHEESEBURGER <i>mustard, mayo, ketchup</i> Romaine Burger Salad, 1 cup Sweet Potato Wedges, 1/2 c. Asst. Fresh Fruit, 1/2 c. Asst. Canned Fruit, 1/2 c.	Clux Delux Sandwich on WG Bun <i>mustard, mayo, ketchup</i> Romaine Burger Salad, 1 cup Oven Baked Tater Tots, 1/2 c. Asst. Fresh Fruit, 1/2 c. Asst. Canned Fruit, 1/2 c.	Cheese Crunchers, 5 pcs with Marinara Sauce (1/8 c.) Mozzarella Cheese Breadstick Romaine & Cherry Tomato Salad w/Italian Dressing, 1 cup Golden Corn, 1/2 c. V8 Fusion OR Fruit Smoothie, 8 oz. Asstd. Fresh Fruit only, 1 cup
HOME COOKING LINE, #2	General TSO's Chicken Steamed Brown Rice w/Veg's., 1 cup Oriental Mixed Veg., 1/2 c. Orange Glazed Carrots, 1/2 c. WG Vegetable Egg Roll, 1/2 c. V8 Fusion (1 svg fruit & 1 veg) Asstd. Fresh Fruit only, 1 cup	Street Tacos on Corn Tortillas w/cilantro & diced onions <i>(optional), 2 each</i> Spicy Jalapeno Corn, 1/2 c. Beans a la Charra, 1/2 c. Homemade Fideo, scoop #6 Asst. Fresh & Canned Fruit, 1 c.	WG Breaded Drumstick WG Dinner Roll, 2 oz. Mashed Potatoes, 1/2 c. Brown Gravy, 1 oz. Cinnamon Glazed Carrots, 1/2 c. Asst. Fresh & Canned Fruit, 1 c.	Chicken Tenders <i>Ketchup/Sweet & Sour Sauce</i> WG Dinner Roll, 2 oz. Dill Seasoned Carrots, 1/2 c. Italian Mixed Vegetables, 1/2 c. Asst. Fresh Fruit, 1/2 c. Asst. Canned Fruit, 1/2 c.	Homemade Spaghetti with Meatballs & Sauce Mozzarella Cheese Breadstick Romaine & Cherry Tomato Salad w/Italian Dressing, 1 cup Golden Corn, 1/2 c. V8 Fusion OR Smoothie, 8 oz. Asst. Fresh Fruit only, 1 c.
Sandwich & Salad Line, #4	Italian Turkey Combo w/cheese on WG Hoagie Bun Romaine Burger Salad, 1 cup Baby Carrots, 1/2 c. lite ranch dressing 1 oz. Steamed Edamame's, 1/2 c. = 1/2 c bean/legume veg. V8 Fusion (1 svg fruit & 1 veg) Asst. Fresh Fruit only, 1 cup	Chicken Quesadillas (2 each) w/sour cream (opt) Homemade Fideo, scoop #6 Spicy Jalapeno Corn, 1/2 c. Beans a la Charra, 1/2 c. Asst. Fresh Fruit, 1/2 c. Asst. Canned Fruit, 1/2 c.	WG Breaded Clux Delux Chicken Chunks <i>ketchup/sweet & sour sauce</i> WG Dinner Roll, 2 oz. Mashed Potatoes, 1/2 c. Cinnamon Glazed Carrots, 1/2 c. Asst. Fresh Fruit, 1/2 c. Asst. Canned Fruit, 1/2 c.	Italian Turkey Combo w/cheese on WG Hoagie Bun <i>mustard, mayo</i> Romaine Burger Salad, 1 cup Sliced Cucumbers & Cherry Tomato Salad, 1/2 cup w/Italian Dressing, 1 pkt. Oven Baked Tater Tots, 1/2 c. V8 Fusion (1 svg fruit & 1 veg) OR Fruit Smoothie, 8 oz. Asst. Fresh Fruit only, 1 c.	Beef BBQ on Hamburger Bun Sliced Cucumbers & Cherry Tomato Salad, 1/2 cup w/Italian Dressing, 1 pkt. Oven Baked Tater Tots, 1/2 c. V8 Fusion (1 svg fruit & 1 veg) OR Fruit Smoothie, 8 oz. Asst. Fresh Fruit only, 1 c.
	Boxed Salads: Turkey Ham 1 oz. & Cheese 1 oz. Romaine Lettuce, 1 cup & Cherry Tomatoes, 1/4 c. & Baby Carrots, 1/2 c. Seasoned Garbanzo Beans, 1/4 c. Reg/Spicy Cheeze-It Crackers Macaroni Salad, 1/2 c. = 1 GE LF Ranch, 1.5 oz. Ken's pkg. V8 Fusion (1 svg fruit & 1 veg) Asst. Fresh Fruit only, 1/2 c.	Boxed Salads: Fruited Parfait, 8 oz. w/1/2 cup mandarin oranges & frz. strawberries UBR Cookie - 2 oz. grain Celery Sticks, 1/2 c. with ranch dressing 1 oz. Steamed Edamame's, 1/2 c. = 1/2 c bean/legume veg. Asst. Fresh Fruit, 1 cup <i>(no canned fruit)</i>	Boxed Salads: Chipotle Chicken Salad, 1/2 c. Romaine Lettuce, 1 cup & Cherry Tomatoes, 1/4 c. Baby Carrots, 1/2 c. Seasoned Garbanzo Beans, 1/4 c. Macaroni Salad, 1/2 c. = 1 GE Reg/Spicy Cheeze-It Crackers LF Ranch, 1.5 oz. Ken's pkg. Asst. Fresh Fruit, 1/2 c. Asst. Canned Fruit, 1/2 c.	Boxed Salads: Fruited Parfait, 8 oz. w/ 1/2 cup pineapple & frz. strawberries UBR Cookie - 2 oz. grain Celery Sticks, 1/2 c. with ranch dressing 1 oz. Steamed Edamame's, 1/2 c. = 1/2 c. bean/legume veg. Asst. Fresh Fruit, 1 cup <i>(no canned fruit)</i>	Boxed Salads: Chipotle Tuna Salad, 1/2 c. Romaine Lettuce, 1 cup & Cherry Tomatoes, 1/4 c. Baby Carrots, 1/2 c. Seasoned Garbanzo Beans, 1/4 c. Macaroni Salad, 1/2 c. = 1 GE Reg/Spicy Cheeze-It Crackers LF Ranch, 1.5 oz. Ken's pkg. V8 Fusion (1 svg fruit & 1 veg) OR Fruit Smoothie, 8 oz. straw/mango Asst. Fresh Fruit only, 1 c.

All High School Lunch Menus will follow a 1 week cycle. Lunch menus are analyzed to meet caloric, fat and sodium restrictions.

Menu subject to change due to product availability.

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