



High School Lunch

December 2018

3

Breaded Chicken Drumstick
Philly Cheese Steak
Caesar Salad
Greek Pizza

Side Items: Peas, Tomato Wedges, Applesauce, Orange, Grape Juice

4

Mac and Cheese
Boneless Wing Bar with your choice of sauce,
Baja Salad
Cheeseburger Pizza

Side Items: Roasted Carrots, Jicama Sticks, Mixed Fruit, Apple

5

Doritos Top n Go
French Toast Sticks w/ Sausage,
Ham and Pepper Pizza Salad,
Mac and Cheese Pizza

Side Items: Corn, Celery Sticks, Diced Peaches, Banana, Apple Juice

6

Sweet & Sour Popcorn
Chicken w/ Rice
Bacon Cheeseburger
Meat lovers Pizza

Side Items: Steamed Green Beans, Fresh Baby, Carrots, Diced Pears, Orange

7

Chicken Chili w/ Scoops
Hot Dog
Chef Salad
Sausage/Pepperoni Pizza

Side Items: Steamed Broccoli, Cucumber Slices, Strawberries, Apple, Grape Juice

10

Country Chicken Bowl w/ Gravy
Caesar Salad
Meat Lovers Pizza

Side Items: Mashed Potatoes, Corn, Baby Carrots, Applesauce, Orange, Grape Juice

11

Fuel: Disco Fries w/ Cheddar Cheese, Beef and Gravy
BBQ Pulled Pork Sandwich
Garden Salad w/ Cheese
Mexican Pizza

Side Items: Tator Bites, Fresh Broccoli, Mixed Fruit, Apple

12

Pizza Dippers w/ Sauce
Pasta Alfredo
Ranch Chicken Salad
BBQ Chicken Pizza

Side Items: Steamed Green Beans, Fresh Zucchini, Diced Peaches, Banana, Apple Juice

13

Fuel: Disco Fries w/ Cheddar Cheese Beef and Gravy
Chicken & Noodles
Meatball Pizza

Side Items: Sweet Potato French Fries, Celery Sticks, Diced Pears, Orange

14

Jumbo Pasta Ravioli
Fish Sandwich w/ Tarter Sauce
Chef Salad,
Chicken Parmesan Pizza,

Side Items: Peas, Tomato Slices, Strawberries, Apple, Grape Juice

17

Chicken Tenders w/ Breadstick
Bacon Burger
Caesar Salad
Sausage Pizza with White Sauce

Side Items: Tator Tots, Baby Carrots, Orange, Grape Juice

18

Fuel:
Kickn' Chicken Fries w/ Buffalo Cauliflower Chicken and Cheese Sauce
Rotini and Meatballs with Marinara Sauce
Chicken Buffalo Salad
BBQ Chicken Pizza

Side Items: Steamed Green beans, Red pepper Sticks, Mixed Fruit, Apple

19

Salisbury Steak w/ Mashed Potatoes & Gravy,
Mini Corn Dogs
Popcorn Chicken Salad,
Cheeseburger Pizza.

Side Items: Corn, Zucchini Slices, Diced Peaches, Banana, Apple Juice

20

Fuel:
Kickn' Chicken Fries w/ Buffalo Cauliflower Chicken and Cheese Sauce
Southwest meatloaf w/ Rosemary gravy
Peperoni Jalapeno Pizza.

Side Items Mashed Potatoes, Green Beans, Celery Sticks, Diced Pear, Orange

21

Loaded Potato Wedges,
Breaded Honey Mustard
Chicken Melt
Chef Salad,
Vegetable Pizza

Side Items: Steamed Broccoli, Baby Carrots, Strawberries, Apple, Grape Juice

24

WINTER BREAK
No School

☺

25

WINTER BREAK
No School

☺

26

WINTER BREAK
No School

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27

WINTER BREAK
No School

☺

28

WINTER BREAK
No School

☺

1

WINTER BREAK
No School

☺

2

WINTER BREAK
No School

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3

Grilled Cheese w/ Tomato Soup
Pizza Dippers w/ Sauce
Chicken Nacho Salad,
Vegetable Pizza

Side Items: Tator Tots, Fresh Zucchini Slices, Diced Peaches, Banana, Apple Juice

4

Egg Roll w/ Fried Rice
Pizza Meatball Sub,
Popcorn Chicken Salad
Sweet and Spicy Pizza,

Side Items: Baked Beans, Celery Sticks, Diced Pear, Orange

5

Cajun Chili Fries
Mini Corn Dogs,
Chef Salad,
Meatball Pizza

Side Items: Steamed Broccoli, Red Pepper Strips, Strawberries, Apple, Grape Juice

Grab N' Go . .
Looking for a quick bite before school? Come check out our grab and go breakfast items. Every day we provide a variety of your favorite cereals and quick breakfast bags to fit your busy schedule!

BREAKFAST PROVIDES:
- Energy that will carry them throughout the day
- Students increase concentration and retain and recall information
- Students with essential nutrients during the day, which can often not be accomplished in those who skip breakfast