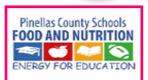
2024 High School Lunch Menu



2024 National School Lunch Week October 14-18



VEGGIES!

Daily Lunch Choices Choose 1:

Meat / Meatless Entrée, Entrée Salads, Cold Sandwiches

Must Choose at least 1:

Hot & Cold Vegetables Variety of Fruits & Juices (may choose up to 2 servings each of fruits & veggies with their meal)

May Choose 1 Milk:

Low Fat White, Fat Free Chocolate, Fat Free Strawberry or Fat Free Skim

Monday For Menu & Nutrition

Information or to download

the app on your device

Visit MealViewer.com

MealViewer

Choose One:

Chicken Tenders & Waffles

Cheese Pizza Crunchers

Chicken BLT Salad

PBJ Uncrustable Kit

Choose:

Corn Niblets

Farmstand Veggie Dippers

Choose One MaxSnax Cheese Quesadilla Chicken Cheese Quesadilla Meat Lovers Stromboli

Tuesday

Chicken Caesar Salad Any Timers Cheese Pizza Choose: Green Beans Marinara Sauce Cup● Salsa Cup Sliced Cucumber Side Salad

Choose One: Cheese Max Sticks **BBQ Pork & Cheese Nachos**

8

15

Crispy Chicken Wrap Any Timers Cheese Pizza Choose:

Santa Fe Black Beans Marinara Sauce Cup● Salsa Cup Sliced Cucumber Side Salad

Choose One: Cheesy Bread Popcorn Chicken Bowl w/ Biscuit

Yogurt, Fruit & Granola Parfait PBJ Uncrustable Kit Choose: Corn Niblets Mashed Potato & Gravy Marinara Sauce Cup

Wednesday

Choose One: Terivaki Beef Dippers w/ Rice & **Fortune Cookie** Corn Dog Fry Basket w/ Cheez-It's Crackers

Yogurt, Fruit & Granola Parfait PBJ Uncrustable Kit Choose: Crinkle Crispy Fries House Mixed Side Salad

Choose One: Pizza Variety Chicken & Veg Dumplings w/ Chicken Stir-Fried Rice Chicken Caesar Wrap

Thursday

Any Timers Turkey & Cheese Choose: Broccoli Florets Romaine Side Salad

10 Choose One: Pizza Variety **Breaded Chicken Drumstick** w/ Macaroni & Cheese & **Cheetos Baked Snacks** Apple A Day Salad Plate Chicken Caesar Wrap Any Timers Turkey & Cheese Choose: Green Beans

Romaine Side Salad

17

Choose One: Hamburger on a Bun Cheeseburger on a Bun Baja Fish Soft Tacos Fruit & Yogurt Plate PBJ Uncrustable Kit Choose: Country Baked Beans Carrot Dippers Side Salad

Friday

Choose One: Chicken Penne Alfredo w/ Garlic Bread **Crunchy Breaded** Alaskan Fish Sandwich Fruit & Yogurt Plate PBJ Uncrustable Kit Choose: Broccoli Florets Carrot Dippers Side Salad

14 No School for Students



Pro-Ed Day

Choose One: Beef or Pork Tacos Mini Cheese Calzones

NATIONAL

Chicken Caesar Salad Any Timers Cheese Pizza Choose: Refried Fiesta Beans Marinara Sauce Cup

NEW Triple Berry Blast Veg Juice Students May Only Choose One Juice **Either Triple Berry or Tropical Fruit**

Choose One: Tangerine Chicken w/ Rice & Fortune Cookie Macaroni & Cheese w/ Roll

SCHOOL

16

Apple A Day Salad Plate PBJ Uncrustable Kit Choose:

Broccoli Florets House Mixed Side Salad

Choose One: Pizza Variety Crispy Chicken Sandwich

LUNCH

Spicy Chicken sandwich Chicken BLT Salad Any Timers Turkey & Cheese Choose:

Deli Roasted Potato Romaine Side Salad 18 WEEK **Choose One:**

> **Brunch for Lunch** Alaskan Fish Sticks & Tater Tots Basket w/ **Goldfish Pretzels** Fruit & Yogurt Plate PBJ Uncrustable Kit

Choose: Crispy Tator Tots Carrot Dippers Side Salad Rice Krispies Mini Square

21 Choose One: **Grilled Cheese** Grilled Ham & Cheese Cherry Blossom Chicken w/ Lo Mein & Fortune Cookie

Apple A Day Salad Plate PBJ Uncrustable Kit Choose: Tomato Soup Farmstand Veggie Dippers

28 **Cheese Pizza Crunchers** Chicken BLT Salad PBJ Uncrustable Kit

> Corn Niblets Farmstand Veggie Dippers

Choose One MaxSnax Cheese Quesadilla Chicken Cheese Quesadilla Meat Lovers Stromboli

Chicken Caesar Salad Any Timers Cheese Pizza Choose: Green Beans Marinara Sauce Cup● Salsa Cup Sliced Cucumber Side Salad

23 **Choose One:** Cheesy Bread Popcorn Chicken Bowl w/ Biscuit

Yogurt, Fruit & Granola Parfait PBJ Uncrustable Kit Choose: Corn Niblets Mashed Potato & Gravy Marinara Sauce Cup

Choose One: Pizza Variety Chicken & Veg Dumplings w/ Chicken Stir-Fried Rice Chicken Caesar Wrap Any Timers Turkey & Cheese

Choose: Broccoli Florets Romaine Side Salad

Choose One: Hamburger on a Bun Cheeseburger on a Bun Baja Fish Soft Tacos Fruit & Yogurt Plate PBJ Uncrustable Kit Choose:

Country Baked Beans Carrot Dippers Side Salad

Choose One: 29 Choose One: Chicken Tenders & Waffles **Cheese Max Sticks BBQ Pork & Cheese Nachos**

Crispy Chicken Wrap Any Timers Cheese Pizza Choose: Choose:

Santa Fe Black Beans Marinara Sauce Cup

Salsa Cup Sliced Cucumber Side Salad

30 **Choose One:** Teriyaki Beef Dippers w/ Rice & **Fortune Cookie** Corn Dog Fry Basket w/ Cheez-It's Crackers Yogurt, Fruit & Granola Parfait

PBJ Uncrustable Kit Choose:

Crinkle Crispy Fries House Mixed Side Salad 31 Choose One: Pizza Variety **Breaded Chicken Drumstick** w/ Macaroni & Cheese & **Cheetos Baked Snacks** Apple A Day Salad Plate Chicken Caesar Wrap

Any Timers Turkey & Cheese Choose: Green Beans Romaine Side Salad



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D. C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.