



Feeding Hungry Minds

# High School Menu

September 2019

## Rise & Shine

Available Daily for Breakfast

- Cinnamon Roll
- Pan Dulce
- Bagel & Cream Cheese
- Yogurt Parfait
- Bosco Stick
- Assorted Cereal w/ String Cheese

### Daily Breakfast Specials

- |           |                         |
|-----------|-------------------------|
| Monday    | Scrambler Bowl          |
| Tuesday   | Dutch Waffle w/ Sausage |
| Wednesday | Pancake Wrap            |
| Thursday  | English Muffin Sandwich |
| Friday    | Breakfast Burrito       |

## What's for Lunch

### The GRILL

- |           |                            |
|-----------|----------------------------|
| Monday    | Spicy Tenders n Fries      |
| Tuesday   | Swiss & Bacon Cheeseburger |
| Wednesday | Chicken Nuggets w/ Fries   |
| Thursday  | Western Bacon Cheeseburger |
| Friday    | Special Limited Time Offer |

## FRESH Fit

### Salads

### Wraps

- |          |                      |                 |
|----------|----------------------|-----------------|
| Week 1 : | Chinese Chicken      | Hummus Veggie   |
| Week 2 : | Pasta Salad          | Buffalo Chicken |
| Week 3 : | Thai Chicken Noodle  | Hummus Veggie   |
| Week 4 : | Chicken Caesar Salad | Buffalo Chicken |

## Vegetarian Options

- |           |                       |
|-----------|-----------------------|
| Monday    | Bean & Cheese Burrito |
| Tuesday   | Grilled Cheese        |
| Wednesday | Bean & Cheese Burrito |
| Thursday  | Cheese Quesadilla     |
| Friday    | B-4 The Burger        |

Breakfast \$1.50  
Lunch \$ 3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>				
2	3	4	5	6
<b>LABOR DAY</b>	<b>Pasta Bar</b> Alfredo or Marinara Sauce Chicken or Seasoned Beef Seasoned Broccoli Garlic Breadstick	<b>Burrito/Nacho Bar</b> Chicken Fajita or Spicy Pork Carnitas Refried Beans Cilantro Lime Rice	<b>Homestyle Favorite</b> Oven Roasted Turkey Mashed Potatoes w/ Gravy Green Beans Dinner Roll	<b>LTO - Hot Sandwich Bar</b> French Dip or Banh-Mi Seasoned Fries
<b>Week 2</b>				
9	10	11	12	13
<b>Homestyle Favorite</b> Meatloaf AuGratin Potatoes Green Beans Dinner Roll	<b>Just Say Cheez</b> Pasta w/ Cheese Sauce Seasoned Chicken Assorted Toppings Broccoli Garlic Breadstick	<b>Street Tacos</b> Carne Asada or Chicken Fajita Charro Beans Fiesta Rice	<b>Backyard BBQ</b> BBQ Pulled Pork ∞ or BBQ Chicken Sandwich Baked Beans Golden Corn	<b>Flatbread</b> Pepperoni Or Cheese Flatbread Tossed Caesar Salad
<b>Week 3</b>				
16	17	18	19	20
<b>Asian Bowl</b> Curried Chicken or Korean BBQ Beef Fried Rice or Noodles Steamed Vegetable	<b>Chicken Parmesan</b> Chicken Parmesan Pasta w/ Marinara Seasoned Broccoli Garlic Breadstick	<b>Nacho Bar</b> Tortilla Chips Seasoned Taco Meat Refried Beans Nacho Cheese	<b>Chili Bar</b> Chili Fries w/ Corn Bread or Chili Dog Tater Tots Assorted Toppings	<b>Chicken &amp; Waffles</b> Boneless Chicken Wings w/ Waffles Southern Green Beans
<b>Week 4</b>				
23	24	25	26	27
<b>BYO Burger</b> Hamburger Patty w/ Assorted Toppings and Sauces Seasoned Fries	<b>Popcorn Chicken Bowl</b> Popcorn chicken Mashed Potatoes w/ Gravy Golden Corn Biscuit	<b>Taco/Nacho Bar</b> Seasoned Taco Meat or Seasoned Chicken Refried Beans Fiesta Rice	<b>Breakfast for Lunch</b> French Toast Sticks Scrambled Eggs Sausage ∞ Tater Tots	<b>Saucy</b> Boneless Wings w/ Choice of BBQ, Buffalo or Teriyaki Sauce Seasoned Fries Garlic Breadstick

### Available Daily for Lunch

Cheese Pizza, Pepperoni Pizza, Crispy Chicken Sandwich, Spicy Chicken Sandwich & Cheeseburger

All Meals are served with choice of Fat Free Chocolate Milk or 1% Milk and choice of Fresh Fruit & Vegetables.  
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