











Feeding Hungry Minds


# High School Menu

December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1- Lunch</b>				
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Pick'N Chick'N</b> Breaded or Grilled Chicken Patty w/ Assorted Toppings and Sauces Seasoned Fries	 <b>Asian Bowl</b> Sweet & Sour Chicken or Beef & Broccoli Fried Rice or Noodles Steamed Vegetable	 <b>Pasta Bar</b> Alfredo or Marinara Sauce Chicken or Seasoned Beef Seasoned Broccoli Garlic Breadstick	 <b>Street Tacos</b> Carne Asada or Chicken Fajita Charro Beans Cilantro Lime Rice	<b>Saucy</b> Boneless Wings w/ Choice of BBQ, Buffalo or Teriyaki Sauce Seasoned Fries Garlic Breadstick
<b>Week 2- Lunch</b>				
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Homestyle Favorite</b> Meatloaf Au Gratin Potatoes Green Beans Dinner Roll	<b>Breakfast for Lunch</b> French Toast Sticks Scrambled Eggs Sausage Patty & Tater Tots	 <b>Tortilla Soup Bar</b> Green Chile Soup Broth Fajita Chicken Assorted Toppings Tortilla Chips	<b>Flatbread</b> Pepperoni Or Cheese Flatbread Freshly Tossed Caesar Salad	 <b>Nacho Bar</b> Tortilla Chips Seasoned Taco Meat Or Fajita Chicken Refried Beans Nacho Cheese
<b>Week 3- Lunch</b>				
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>BYO Burger</b> Hamburger Patty w/ Assorted Toppings and Sauces Seasoned Fries Vegetarian burger available	 <b>Asian Bowl</b> Teriyaki or Orange Chicken Fried Rice or Noodles Steamed Vegetable	 <b>Backyard BBQ</b> BBQ Pulled Pork & BBQ Chicken Cowboy Beans, Cole Slaw Golden Corn Hamburger Bun	 <b>Taco Bar</b> Seasoned Taco Meat or Seasoned Chicken Cilantro Lime Rice Refried Beans Hard Taco Shells	<b>Off The Hook</b> Breaded Pollock Seasoned Fries Coleslaw Dinner Roll or Sandwich Style
<b>Week 4- Lunch</b>				
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Winter Recess</b>				



**Available Daily for Lunch**  
Cheese Pizza or Pepperoni Pizza

Do you see this icon?  
 This icon means we offer a meatless protein option with the meal. PlantFare is plant-based vegan protein. Try it today!



## 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* Dutch Waffle w/ Sausage
- Tuesday* Bacon, Egg & Cheese Croissant
- Wednesday* Pancakes w/ Sausage
- Thursday* Egg & Cheese English Muffin
- Friday* Hand Rolled Breakfast Burrito

## What's for Lunch


Available Daily



### THE GRILL

Crispy Chicken Sandwich  
Spicy Chicken Sandwich  
Cheeseburger &  
Chicken Tenders w/ Garlic Breadstick

Available Daily



### FRESH Fit

Week 1 & 3 : Chef Salad w/ Dinner Roll  
Week 2 & 4 : Cranberry Chicken Salad w/ Dinner Roll

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Week 1 & 3: Chicken Caesar Wrap  
Week 2 & 4: Turkey Ranch Wrap

Wraps

## Vegetarian Options

- Monday* Bean & Cheese Burrito
- Tuesday* Cheese Stick w/ Marinara
- Wednesday* B-4 The Burger
- Thursday* Cheese Stick w/ Marinara
- Friday* Bean & Cheese Burrito

All Meals are served with choice of Fat Free Chocolate Milk or 1% Milk and choice of Fresh Fruit & Vegetables. USDA and this Institution are Equal Opportunity Providers and Employers.

Breakfast \$1.50  
Lunch \$ 3.25