

April 2018

High School Lunch Menu

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Homemade Creations	Roasted Chicken Rosemary Sauce Dinner Roll Tomato Soup Seasoned Collard Greens Brown Rice	Glazed Turkey Ham Maple Sweet Potatoes	Salisbury Steak w/ Sauce Dinner Roll Mashed Potatoes	Breaded Fish Dinner Roll Macaroni & Cheese (V) Seasoned Green Beans	Teriyaki Chicken Brown Rice Glazed Ginger Carrots
Made to Order Sandwiches, Salads, and Grill	Grilled Cheese Sandwich (V) Turkey & American Cheese Wrap Breaded Fish Melt Sweet Potato Fries	Sloppy Joe Melt Deli Turkey Sandwich Chicken Salad Saltine Crackers French Fries	Cheeseburger Turkey Ham & Cheddar Melt Egg Salad Sandwich (V) Tater Bites	Turkey Chili Cheese Dog Wow Butter & Jelly Sandwich (V) French Fries Vegetable Baja Salad (V) Saltine Crackers	Cheeseburger Chef Salad w/ Egg (V) Saltine Crackers French Fries Turkey Taco Salad
Pizza Zone	Barbeque Chicken Flatbread Pizza	Four Cheese Pizza (V)	Cheeseburger Pizza	Cheese Pizza (V)	Buffalo Ranch Chicken Pizza
Fiesta Zone	Kickin Pinto Taco Salad (V) Refried Beans	Beef Taco Salad Kickin Pinto Beans	Turkey Chili Nachos Mexican Spiced Rice	Soft Chicken Tacos Campfire Beans	Vegetarian Nachos w/ Cheese Sauce (V) Black Charro Beans

(V) = Vegetarian

OFFERED DAILY: 100% Fruit Juice, Fruit (to include but not limited to apple/orange wedges, banana and grapes), & a Variety of Milk
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This institution is an equal opportunity provider.

All menus are subject to change based on product availability

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High School Lunch Menu

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Homemade Creations	Chicken Nuggets Dinner Roll Sweet Golden Corn	Cheeseburger Loaded Baked Potato w/ Cheese & Chorizo Sausage Crumbles Seasoned Green Beans	General Tso's Chicken Brown Rice Ginger Glazed Carrots	Roast Turkey Onion Sauce Dinner Roll Baked Pasta w/ Marinara Sauce & Cheese (V) Seasoned Broccoli Yellow Rice	Spinach Dip & Tortilla Chips (V)
Made to Order Sandwiches, Salads, and Grill	Grilled Cheese Sandwich (V) Breaded Fish Melt Deli Turkey Sandwich French Fries Southwest Chicken Salad Saltine Crackers	Veggie Chili Baked Potato (V) Taco Salad Sweet Potato Fries Chef Salad w/ Turkey Ham Saltine Crackers	Grilled Cheese Sandwich (V) Turkey Ham & Cheddar Melt Egg Salad Sandwich (V) French Fries Turkey & American Cheese Wrap	Sloppy Joe Cheese Melt Wow Butter & Jelly Sandwich (V) Sweet Potato Fries Breaded Chicken Salad	Black Bean Burger (V) Chick Pea Salad (V) Flatbread (V) French Fries (V) Broccoli & Red Pepper Strips (V) Peach Salsa (V)
Pizza Zone	Bruschetta Pizza (V)	Meat Lovers Pizza	Ranch Chicken Pizza	Buffalo Chicken Pizza	Four Cheese Pizza (V)
Fiesta Zone	Bean & Cheese Quesadilla (V) Mexican Spiced Rice	Turkey Chili Nachos Santa Fe Rice	Kickin Pinto Taco Salad (V) Rice & Corn Salad	Chicken & Bean Burrito Refried Beans	Black Bean & Corn Quesadilla (V)

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	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Homemade Creations	Glazed Turkey Ham Dinner Roll Macaroni & Cheese (V) Baked Sweet Potato	Barbeque Roasted Chicken w/ Sauce Biscuit Vegetarian Egg Roll (V) Sweet Golden Corn	Italian Meat Sauce & Spaghetti WG Garlic Roll Seasoned Mashed Potatoes	Italian Roasted Chicken Biscuit Turkey Chili Seasoned Collard Greens	Fish Sticks Salisbury Steak & Sauce Dinner Roll Broccoli & Cheese Baked Potato (V)
Made to Order Sandwiches, Salads, and Grill	Turkey Hotdog All American Sandwich French Fries Baja Bean Salad (V) Saltine Crackers	Turkey Slaw Melt Wow Butter & Jelly Sandwich (V) Tater Tots Taco Salad	Cheeseburger Chicken Salad Sandwich Saltine Crackers Sweet Potato Fries Turkey Ham Chef Salad	Grilled Cheese Sandwich (V) Turkey Taco Salad All American Salad Saltine Crackers French Fries	Turkey Dog Turkey & American Cheese Wrap Sweet Potato Fries Chicken Caesar Salad Saltine Crackers
Pizza Zone	Buffalo Chicken Pizza	Ranch Chicken Pizza	Bruschetta Pizza (V)	Meat Lovers Pizza	Four Cheese Pizza (V)
Fiesta Zone	Bean & Cheese Quesadilla (V) Kickin Pinto Beans	Chicken Enchilada Rice & Corn Salad	Soft Chicken Tacos Campfire Beans	Beef Taco Salad Mexican Spiced Rice	Kickin Pinto Taco Salad (V) Refried Beans

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High School Lunch Menu

	MONDAY 30				
Homemade Creations	Barbeque Roasted Chicken Dinner Roll Broccoli & Cheese Rice Casserole (V) Seasoned Mashed Potatoes				
Made to Order Sandwiches, Salads, and Grill	Cheeseburger Deli Turkey Sandwich French Fries Turkey Taco Salad				
Pizza Zone	Four Cheese Pizza (V)				
Fiesta Zone	Soft Chicken Tacos Campfire Beans				

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APS Salad Bowl High School

Served Every day:
Tossed Leafy Greens, Cucumbers, Tomatoes,
Onions (sliced/diced), Jalapeno Peppers, Shredded Cheese & Pickles

9 Red Pepper Strips Orange Mixed Fruit	10 Broccoli Bites Fresh Apple Sliced Pears	11 Fresh Zucchini Banana Applesauce	12 Celery Sticks Fresh Fruit Cup Sliced Peaches	13 Baby Carrots Fresh Apple Sliced Pears
16 Fresh Zucchini Slices Fresh Fruit Cup Sliced Peaches	17 Fresh Red Peppers Fresh Apple Applesauce	18 Broccoli Bites Fresh Banana Mixed Fruit	19 Baby Carrots Fresh Orange Sliced Pears	20 Celery Sticks Fresh Apple Applesauce
23 Celery Sticks Fresh Fruit Cup Sliced Peaches	24 Red Pepper Strips Fresh Apple Applesauce	25 Broccoli Bites Orange Mixed Fruit	26 Zucchini Slices Fresh Banana Sliced Pears	27 Creamy Coleslaw Fresh Fruit Cup Mixed Fruit
30 Celery Sticks Fresh Orange Mixed Fruit				

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High School Traditional Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Egg & Cheese Sandwich on a Bun (V) Egg Patty & Cheese Sandwich (V) Turkey Ham on Biscuit Cheese Grits (V) Graham Crackers Fresh Apple Apple Sauce	Scrambled Eggs (V) WG Toast Blueberry Muffin (V) Peach Oatmeal (V) Strawberry Yogurt Fresh Fruit Cup Sliced Peaches	Turkey Sausage Biscuit Cheesy Biscuits (V) Brown Sugar Oatmeal (V) Hard Cooked Egg (V) Fresh Orange Sliced Pears	WG Cheese Toast (V) Scrambled Egg (V) Grits w/ Margarine (V) Raspberry Yogurt Banana Applesauce	Scrambled Egg w/ Cheese (V) Turkey Sausage Biscuit Maple Oatmeal (V) Graham Crackers Fresh Apple Mixed Fruit
WG Cheese Toast (V) Turkey Ham on Biscuit Peach Oatmeal (V) Graham Crackers Fresh Fruit Cup Mixed Fruit	Scrambled Egg w/ Cheese (V) WG Cheese Toast (V) Grits w/ Margarine (V) Strawberry Yogurt Fresh Apple Sliced Pears	Cheesy Biscuits (V) Turkey Sausage Biscuit Brown Sugar Oatmeal (V) Hard Cooked Egg (V) Fresh Orange Mixed Fruit	Cheesy Egg Biscuit (V) Scrambled Egg w/ Diced Turkey Ham Cheese Grits (V) Raspberry Yogurt Banana Applesauce	Scrambled Egg (V) Cheesy Biscuits (V) Maple Oatmeal (V) Graham Crackers Fresh Fruit Cup Sliced Peaches
Scrambled Eggs (V) Turkey Sausage Biscuit Brown Sugar Oatmeal (V) Graham Crackers Fresh Apple Mixed Fruit	Country Chicken Biscuit Egg Patty & Cheese Sandwich (V) Cheese Grits (V) Strawberry Yogurt Fresh Fruit Cup Sliced Peaches	Scrambled Egg w/ Diced Turkey Ham Cheesy Biscuits (V) Peach Oatmeal (V) Hard Cooked Egg (V) Fresh Orange Mixed Fruit	Scrambled Egg w/ Cheese (V) Cheesy Egg Biscuit (V) Grits w/ Margarine (V) Raspberry Yogurt Banana Applesauce	Turkey Sausage Biscuit Egg Patty (V) WG Toast Maple Oatmeal (V) Graham Crackers Fresh Apple Sliced Peaches
Egg Patty & Cheese Sandwich (V) Banana Muffin (V) Maple Oatmeal (V) Raspberry Yogurt Fresh Apple Mixed Fruit				

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