









Middle & High School Lunch

October 2021 Menu

Combo Meals are offered at no charge to all students during the 2021-22 school year.

Lunch Price: \$0.00 Free/Reduced Price: \$0.00

 Meatless Option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger or Cheeseburger on Whole Grain Bun OR Patty Melt on Whole Grain Bread	 Mozzarella Breadsticks	Grilled Chicken or Buffalo Chicken Sandwich	BBQ Rib Sandwich <i>On whole grain bun</i>	Asian Rice Bowl House Chicken <i>With Brown Rice</i> <i>*See school site for availability</i>
 Grilled Panini Classic Cheese <i>On whole grain bread</i>	 Yogurt Parfait <i>With Fruit & Granola</i>	 Chicken Caesar Salad <i>with or without Chicken, Shredded Cheese, Croutons & Caesar Dressing</i>	Deli Turkey On Whole Grain <i>with Cheese, Lettuce, & Tomato</i>	Chicken & WG Dinner Roll <i>Roasted Chicken or Whole Grain breaded Drumstick & Whole Grain Roll</i>
 Pizza <i>Cheese or Pepperoni</i>	 Pizza <i>Cheese or Pepperoni</i>	 Pizza <i>Cheese or Pepperoni</i>	 Pizza <i>Cheese or Pepperoni</i>	 Pizza <i>Cheese or Pepperoni</i>
 Hummus Pack <i>Hummus & WG Crackers 1oz Cheese</i>	 Hummus Pack <i>Hummus & WG Crackers 1oz Cheese</i>	 Hummus Pack <i>Hummus & WG Crackers 1oz Cheese</i>	 Hummus Pack <i>Hummus & WG Crackers 1oz Cheese</i>	 Hummus Pack <i>Hummus & WG Crackers 1oz Cheese</i>

COMBO MEALS include choice of entrée (Protein & Whole Grains), fruit and vegetable side, and milk. Choose at least ½ Cup Fruit/Vegetable side with your lunch. Milk choices: Low Fat (1%) White or Fat Free Chocolate

Visit SDUHSDnutrition.com to access PayPams to conveniently manage money in your student's account with a credit card.

Menu subject to change without notice.

This institution is an equal opportunity provider and employer.