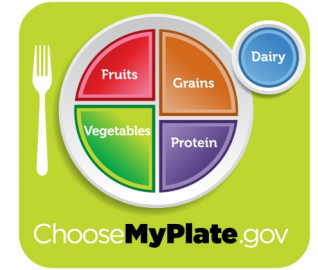




# MIDDLE & HIGH SCHOOLS

## LUNCH OCT-NOV 2021

Main Dish, Fruit and/or Vegetable & Milk (1% or Non-Fat Flavored)  
MENU SUBJECT TO CHANGE



### SCHOOL CLASSICS

- Cheese or Pepperoni Pizza ■
- Crispy or Spicy Chicken Sandwich
- Cheeseburger

### QUICK SERVE

- Calzone—Pepperoni & Cheese ■
- Chalupa—Bean & Cheese
- Cheeseburger Sliders
- Tamale—Cheese & Green Chile

### MADE IN THE KITCHEN - HOT ENTREES

- Chicken Burrito
- Drumstick & Fries
- Chicken Fajita Bowl with Rice & Beans
- Spaghetti & Meat Sauce
- Chicken Nuggets & Fries
- Carnitas Burrito ■
- Taco Dip with Chips

### MADE IN THE KITCHEN - COLD ENTREES

- Chicken Ranch Salad
- Deli Sandwich—on Wheat Bread or Croissant
- Taco Salad with Seasoned Ground Beef
- Yogurt with Fruit & Granola ◀

### FRUIT

- Apples
- Applesauce
- Bananas
- Craisins
- Frozen Fruit Cup
- Fruit Cocktail
- Juice
- Oranges
- Pear
- Raisins

### VEGETABLES

- Baby Carrots
- Broccoli Bites
- Celery
- Fries
- Green Salad
- MILK**
- 1% Milk
- Non-Fat Chocolate

Students must take a minimum of **THREE** My Plate Components

One item must be selected from the fruit or vegetable group

Menu reflects items we prepare, but not all Items are offered daily

Nutritional Information on our App WebMenus



APPLE



ANDROID