



High School STAFF Lunch Menu

August 2017



Monday

Tuesday

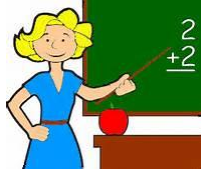
Wednesday

Thursday

Friday

Adult Lunch = \$3.20

Milk = \$.50



Wk 2

14

Hot Ham & Cheese Panini
or
Popcorn Chicken Bowl
Mashed Potatoes & Gravy/Corn
Assorted Vegetables /Garden Salad
Diced Pears
Assorted Fresh Fruit /Milk



15

Quesadilla
Baked Potato Bar
Crispitos & Cheese Sauce
Refried Beans / Assorted Vegetables
Corn/ Garden Salad
Applesauce/Assorted Fresh Fruit
Milk/ Spanish Rice/Corn Bread

An apple a day keeps the doctor away!

Pepperoni Calzone
or
One Pot Spaghetti
Broccoli/Assorted Vegetables
Garden Salad/ Cole Slaw
Diced Peaches
Assorted Fresh Fruit /Milk

Malibu Chicken Sandwich
or
Orange Chicken & Rice with Egg Roll
Carrots/Pasta Salad
Assorted Vegetables/Garden Salad
Pineapple / Assorted Fresh Fruit
Milk/ Dinner roll

18

Fresh Pizza
Babe Ruth Sandwich
Peppered Tilapia with Gardin
Rice/Corn Bread
Malibu Blend /Loaded Fries
Assorted Vegetables/Garden Salad
Pineapple & Mandarin Oranges
Assorted Fresh Fruit /Milk



Wk 3

21

Chicken Broccoli Casserole & Biscuit
Bosco Sticks & Sauce
Cuban Panini
California Blend
Assorted Vegetables
Garden Salad
Diced Pears/Assorted Fresh Fruit
Milk



22

Southwest Lasagna
Grilled Peppers & Beef Melt on
Ciabatta Bread
Corn/Assorted Vegetables
Garden Salad
Applesauce
Assorted Fresh Fruit
Milk/ Spanish Rice/Corn Bread



23

Chicken Parmesan & Pasta
or
Chicken Buffalo Wrap
California Blend
Assorted Vegetables
Garden Salad
Peaches / Assorted Fresh Fruit
Milk/Twisted Breadstick



25

Meatloaf Sandwich
or
Turkey & Gravy
Mashed Potatoes & Gravy
Garden Salad
Assorted Vegetables
Pineapple/Assorted Fresh Fruit
Milk/Dinner Roll



Wk 4

28

Turkey Panini
Chicken Stir Fry/Eggroll
Oven Fried Chicken
Fried Rice/ Asian Vegetables
Mashed Potatoes & Gravy
Diced Pears
Assorted Fresh Fruit
Milk/ Dinner Roll



29

Quesadilla
or
Crispitos & Cheese Sauce
Refried Beans/Corn
Assorted Vegetables
Garden Salad
Applesauce/Assorted Fresh Fruit
Milk/ Spanish Rice/Corn Bread

30

Dog Days of Summer
Flat Bread Pizza & Sauce
or
Ruben Sandwich
Broccoli/Assorted Vegetables
Garden Salad/Pasta Salad
Diced Peaches/Assorted Fresh Fruit
Milk/ Twisted Bread Stick
Refreshing Lemon Sherbet



31

BBQ Pork Sandwich
or
Stuffed Peppers/Dinner Roll
Mashed Potatoes & Gravy/Green Beans
Garden Salad/Assorted Vegetables
Cole Slaw/Pineapple Tidbits
Assorted Fresh Fruit
Milk

Benefits of Eating Apples

1. Increase Endurance
2. Satisfy Cravings
3. Improve Memory
4. Immune Booster
5. Cancer Fighter
6. Helps Digestion
7. Anti-inflammatory



We are ready to have a great year!



SERVED ON HOT LINES

DAILY Grilled Chicken Sandwich 

TUESDAY Southwest Bar with Nachos, Taco or Taco Salad

WEDNESDAY Pasta Bar with Pasta and Sauce and/or Grilled Vegetables
Pasta or Flat Bread Pizza & Breadstick


DELI BAR - Offered Daily

Assorted Sandwiches with Ham, Turkey, Chicken or Cheese on White Bread, Sub Bun, Croissant, Ciabatta, Panini, Wrap, Pretzel Roll Flat Bread, and top with assorted vegetables Chef Salads with Ham, Turkey, Chicken, Cheese & assorted Vegetables.

HOT Meals to go; Panini Turkey Sandwich, Veggie Burger & Pizza

COLD SANDWICHES and CHEF SALAD MEALS to go!


Weekly Deli TO GO Salad Specials

MON: Chicken Salad / Grilled Chicken Salad
TUES: Taco Salad / Tuna Salad/Greek Salad 
WED: Oven Fried Chicken Salad
THURS: Cobb Salad
FRI: Berry Spinach Salad

Weekly Deli TO GO Wraps & Sandwich Specials

MON: Turkey Avocado Wrap 
TUES: BLT Chicken Wrap
WED: Turkey Avocado Wrap
THURS: Turkey & Ham Sub

Homemade SOUPS offered DAILY
****Soup is A La Carte only****

August 21-25	August 14-18 & 28-31
Mon: Chicken Noodle	Mon: Chicken Noodle
Tues: Cream of Chicken	Tues: Chili 
Wed: Chicken Tortilla	Wed: Pasta Fagioli
Thurs: Cream of Potato	Thurs: Cream of Broccoli
Fri: Chefs Choice	Fri: Chefs Choice

ALL COLD MEALS ON THE DELI COMES WITH ASSORTED VEGETABLES, FRUIT AND MILK

A complete lunch consists of :
One entrée choice and 2 sides dishes (fruit or vegetables)
1 side dish must be a fruit or vegetable and milk

Menu is based on product availability and is subject to change

Group Luncheons

Group Luncheons featuring Pizza and various items are available for parties of 8 or more. Please contact your kitchen Manager by email.

All Pizzas are \$10

If you have any suggestions for our staff menus or setting up an account, please contact your kitchen Managers at any time.

This institution is an equal opportunity provider.