

## September 2024 High School Menu

Menus are subject to change without notice.

WG = Whole Grain LF = Low Fat

Monday		Tuesday		Wednesday		Thursday		Friday	
No School Labor Day	2	WG Primo Pizza Steamed broccoli Garden bar Fruit choice* Milk choice*		Teriyaki Chicken4WG veggie fried riceSteamed stir-fry veggie blendSteamed stir-fry veggie blendGarden BarWG egg rollFruit choice*Milk choice*Milk choice*		Beef Walking Taco Assorted taco toppings Refried beans Fruit choice* Milk choice*	5	BBQ Pulled Pork on WG Bun Creamy coleslaw Steamed green beans WG Sunchips Garden bar Fruit choice* Milk choice*	6
Hamburger/Cheeseburger/ Veggie Burger on WG Bun Assorted fresh toppings Oven baked beans Garden bar Fruit choice* Milk choice*	9	Bone-in Chicken Wings10Herb roasted potatoesCorn on the cobWG Sister Shubert rollTossed garden saladGarden barFruit choice*	0	WG Pasta with choice of Meat 11 Sauce or Marinara Sauce Steamed zoodles Garden bar WG garlic breadstick Fruit choice* Milk choice*	E   C   F	Egg Roll in a Bowl1WG Naan breadBrown riceGarden bar and hummusFruit choice*Milk choice*	2	WG Chicken Tenders WG Vegilicious Pasta Salad Oven baked sweet potato fries Garden bar WG Dinner roll Fruit choice* Milk choice*	13
Loaded Oven Fries with Cheese Sauce Assorted vegetable toppings Ranchero pinto beans Seasoned brown rice WG dinner roll Fruit choice* Milk choice*	16	Chicken and Alfredo1Sauce with WG PastaWG Garlic BreadstickWG Garlic BreadstickSteamed peas and carrotsGarden barFruit choice*Milk choice*Milk choice*	7	WG Cheeseburger Calzone18Steamed broccoliGarden barFruit choice*Milk choice*	F C C F	WG Dill'icious Southern Style Turkey Sandwich Roasted squash Oven baked beans Garden bar Fruit choice* Milk choice*	19	WG Shrimp Poppers Three Cheese Cavatappi Mac Steamed carrots Cucumber ranch salad Garden bar Fruit choice* Milk choice*	20
Chicken Parmesan with WG Pasta Steamed green beans Garden bar Fruit choice* Milk choice*	23	Chicken Fajita24Steamed peppers and onionsFresh fixingsFresh fixingsRefried beansSeasoned brown riceFruit choice*Fruit choice*Milk choice*	4	WG Cinnamon Roll and Cheese Omelet25Breakfast potatoesColorful garden peppersColorful garden peppersGarden barFruit choice*Milk choice*	ר   א כ ר ד	Ultimate All Beef Hotdog Bar Vegetarian baked beans Creamy coleslaw Garden bar Fruit choice* Milk choice*	26	WG Garlic Cheesebread Marinara Sauce Caesar salad Garden bar Fruit choice* Milk choice*	27
Mini Sampler Basket Oven roasted vegetable medley Garden bar with hummus Fruit choice* Milk choice*	30								

Alternate meals: Sandwich or Pizza Slice includes fruit choices, vegetable choices and a milk choice.

**Premade Salad Meal:** Daily features listed on the School District Website. Salad meal includes a fruit choice, a whole grain bread choice and a milk. **Global Trends Meal:** Daily features listed on the School District Child Nutrition Website. Includes a fruit choice, vegetable choice and a milk.

## Pruts Crains Darry Vegetables Protein Choose MyPlate.gov

## Free Meals for All Students

- Free Meals All students enrolled in the school district can receive one free breakfast meal and one free lunch meal every day.
- Ala Carte items, second meals, and all adult meals will be charged accordingly. Adult and Second meals will be charged \$5.00 per meal.
- Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged.

This institution is an equal opportunity provider.