



HS / MS Lunch

September

2018

InSeason! Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are chock-full of antioxidants.



Grapes are a kind of berry. They have a leathery covering and a fleshy inside, similar to blueberries.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

03

No School

04

Sweet & sour chicken
Lettuce wraps
Asian Vegetable blend

05

Baked Chicken drumstick
Baked beans
Potato wedges
Roll
Cookie

06

Bacon Cheeseburger
Sweet potato Fries
Baby carrots w/dip
Baked apples

07

Loaded Chili bowl with Fritos
Celery sticks
Steamed green beans
Assorted slushies

10

Breaded chicken sandwich
Sweet potato Fries
Baby carrots w/dip

11

Loaded Baked Potato with black beans, salsa, cheese & tortilla chips
Garden salad

12

Italian Peperoni Calzone
Steamed broccoli
Mandarin oranges
Cookie

13

Boars Head Turkey sandwich
French fries
Baked apples
Celery sticks

14

Home-style Popcorn chicken bowl
Roll

17

Chicken Alfredo Pasta with marinara sauce and meatballs
Steamed broccoli

18

Walking Taco
Black beans
Salsa

19

BBQ Chicken sandwich
Coleslaw
Baby carrots w/dip

20

Roadhouse Burger
French fries
Baked apples

21

Macaroni & cheese with buffalo chicken
Vegetable blend
Malibu

24

Italian Meatball Sub
Topped with marinara & cheese
Broccoli

25

Sweet & sour chicken
Lettuce wraps
Asian Vegetable blend

26

Baked Chicken drumstick
Baked beans
Potato wedges
Roll

27

Bacon Cheeseburger
Sweet potato Fries
Baby carrots w/dip
Baked apples

28

Loaded Chili bowl with Fritos
Celery sticks
Steamed green beans
Assorted slushies

Announcements

Daily Options:

- Salad bar
- Grilled cheese meal
- PB & J Meal
- Hummus & Veggie Meal
- Spicy salad shakers
- Yogurt Parfait meal
- Tomato soup

Meal Prices

Students: \$3.15

Adults: \$4.10