

September 2020

Jr/Sr High School

LUNCH



Menu subject to change

Equal Opportunity employer



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

All meals come with choice of Fruit and Milk.

Tuesday

Superintendent's Conference Day

Wednesday

Superintendent's Conference Day

Thursday

Superintendent's Conference Day

Friday

No School

Labor Day
No School

Popcorn Chicken w/Dip & Roll
Sweet Potato Fries
Steamed Broccoli (Staggered Start)

Popcorn Chicken w/Dip & Roll
Sweet Potato Fries
Steamed Broccoli (Staggered Start)

French Toast Stix w/Sausage
Hash Rounds
Cherry Star Juice

Big Daddy's Pizza
Caesar Salad
Carrot Coins

Mozzarella Sticks w/Tomato Sauce
Green Beans
Cali Blend

Nacho Supreme w/Salsa & Sour Cream
Cheesy Bean Dip
Black Beans & Corn

Mini-corn Dogs w/Dip
French Fries
Steamed Broccoli

Chicken & Waffles w/Syrup & Butter
Sweet Potato Trax
Seasoned Corn

Home-made Pizza
Garden Salad
Carrot Sticks w/dip

Chicken Patty
Whole Grain Bun
French Fries
Steamed broccoli

Walking Taco
Beef, salsa, cheese, sour cream, lettuce
Seasoned Corn
Cheesy Bean Dip

Mac n' Cheese w/Cheese stuffed breadstick
Green beans
Celery Sticks w/Dip

Cheeseburger
Whole Grain Bun
French Fries
Steamed Broccoli

Personal Pan Pizza
Caesar Salad
Carrot Coins

Chicken Fingers w/Dip & Roll
Sweet Potato Fries
Seasoned Broccoli

Taco Tuesday
Beef, soft shells, salsa, cheese, sour cream, lettuce
Seasoned Corn
Black Bean Salsa

Mini-Pancakes w/Sausage
Hash Rounds
Sunset Sip Juice

