



# High School Menu

## September 26 - 30, 2016

**ALA CARTE SALES** (Will vary from one location to another. Check with your SN Manager to what is being offered at your school.):

- |   |                                 |
|---|---------------------------------|
| Extra Milk — \$0.50   | Extra Breakfast Entrée — \$1.25 |
| Extra Lunch Entrée — \$1.75                                       | All Extra Side Dishes — \$0.50  |
| Rice Krispie Treat — \$1.00                                       | Cookie (1) — \$0.50             |
| Soft Pretzel — \$1.00   | Cheese Sauce Cup — \$0.50       |
| Specialty Pizza — \$2.25  | Foot Long Subs — \$3.00         |
| Flavored Water — \$1.00 to \$1.50 (depends on what kind of water) |                                 |

<b>Breakfast Prices:</b>	<b>Lunch Prices:</b>
Student — \$1.35	Student — \$2.55
Reduced — \$0.30	Reduced — \$0.40
Adult — \$1.75	Adult — \$3.25

**Fat Free & Lo-fat Milk choice is served with each meal. Dairy Ease & Soy Milk are available upon request.**

**Fresh fruit bowl available daily at Breakfast and Lunch.**

	Monday	Tuesday	Wednesday	Thursday	Friday
	September 26	27	28	29	30
<b>Breakfast</b>	Biscuit Choice or Pancake on a Stick / Fruit / Juice	Biscuit Choice or Breakfast Burrito / Fruit / Juice	Biscuit Choice or Breakfast Pizza / Fruit / Juice	Biscuit Choice or Cheese Toast w/ Yogurt / Fruit / Juice	Ham & Cheese Croissant or Maple Glazed Bread Stick & Yogurt / Fruit / Juice
<b>Mama's Kitchen</b>	Fish & Shrimp <b>Choose at least 1:</b> Hushpuppies / Cole Slaw / Au Gratin Potatoes / Green Beans / Pear Salad / Orange Sherbet	Chicken Stir Fry <b>Choose at least 1:</b> Egg Roll / Vegetable Fried Rice / Green Beans / Romaine Salad / Cherry Flavored Applesauce / Grapefruit Wedges	Oven Roasted Chicken w/Roll <b>Choose at least 1:</b> Au Gratin Potatoes / Broccoli Salad / Peas & Carrots / Frozen Fruit Cup / Pineapple Tidbits	Steak & Gravy w/Roll <b>Choose at least 1:</b> Creamed Potatoes / Oven Baked Okra / Black Eye Peas / Pear Salad / Fresh Orange Wedges	Crispitos (2) <b>Choose at least 1:</b> Tortilla Chips w/Salsa / Pinto Beans / Spanish Rice / Romaine Salad / Chilled Peach Slices / Fresh Grape Cluster
<b>Sandwich Line</b>	BBQ Sandwich <b>Choose at least 1:</b> Cole Slaw / Au Gratin Potatoes / Green Beans / Pear Salad / Orange Sherbet	Chili Dog <b>Choose at least 1:</b> Potato Roasters / Cole Slaw / Romaine Salad / Cherry Flavored Applesauce / Grapefruit Wedges	Rib-B-Q Sandwich <b>Choose at least 1:</b> Au Gratin Potatoes / Broccoli Salad / Carrots & Celery w/Dip / Frozen Fruit Cup / Pineapple Tidbits	Chicken Filet <b>Choose at least 1:</b> Baked Veggie Fries / Lettuce, Tomato, Dill Slice / Oven Baked Okra / Black Eye Peas / Pear Salad / Fresh Orange Wedges	Cheeseburger <b>Choose at least 1:</b> Baked Tater Tots / Dill Spears / Pinto Beans / Spanish Rice / Romaine Salad / Chilled Peach Slices / Fresh Grape Cluster
<b>Express Line</b>	Basil Boss Personal Pan Pizza <b>Choose at least 1:</b> Romaine Salad / Buttered Whole Kernel Corn / Fresh Veggies w/Dip / Pear Salad / Orange Sherbet	Max Cheese Sticks w/Marinara Sauce <b>Choose at least 1:</b> Cole Slaw / Green Beans / Romaine Salad / Cherry Flavored Applesauce / Grapefruit Wedges	Deli Sandwich on Deli Thins (Ham/Turkey/Roast Beef) <b>Choose at least 1:</b> Baked Chips / Lettuce, Tomato, Dill Slice / Broccoli Salad / Carrots & Celery w/Dip / Frozen Fruit Cup / Pineapple Tidbits	Wild Mike's Pepperoni Pizza <b>Choose at least 1:</b> Romaine Salad / Baked Veggies Fries / Oven Baked Okra / Pear Salad / Fresh Orange Wedges	Spicy Chicken Wrap <b>Choose at least 1:</b> Tortilla Chips w/Salsa / Pinto Beans / Spanish Rice / Romaine Salad / Chilled Peach Slices / Fresh Grape Cluster
<b>Salad Line</b>	Chef Salad Plate	Caesar Salad Plate	Tuna Salad Plate	Fruit & Yogurt Plate	PBJ Sack Lunch

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This institution is an equal opportunity provider.

Menu is subject to change.



# High School

# Menu

## October 3 - 7, 2016

**ALA CARTE SALES** (Will vary from one location to another. Check with your SN Manager to what is being offered at your school.):

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|---|---------------------------------|
| Extra Milk — \$0.50   | Extra Breakfast Entrée — \$1.25 |
| Extra Lunch Entrée — \$1.75                                       | All Extra Side Dishes — \$0.50  |
| Rice Krispie Treat — \$1.00                                       | Cookie (1) — \$0.50             |
| Soft Pretzel — \$1.00   | Cheese Sauce Cup — \$0.50       |
| Specialty Pizza — \$2.25  | Foot Long Subs — \$3.00         |
| Flavored Water — \$1.00 to \$1.50 (depends on what kind of water) |                                 |

<b>Breakfast Prices:</b>	<b>Lunch Prices:</b>
Student — \$1.35	Student — \$2.55
Reduced — \$0.30	Reduced — \$0.40
Adult — \$1.75	Adult — \$3.25

**Fat Free & Lo-fat Milk choice is served with each meal. Dairy Ease & Soy Milk are available upon request.**

**Fresh fruit bowl available daily at Breakfast and Lunch.**

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
<b>Breakfast</b>	Biscuit Choice or Mini Cinni's w/Yogurt / Fruit / J	Biscuit Choice or Breakfast Pizza / Fruit / Juice	Biscuit Choice or Breakfast Burrito / Fruit / Juice	Biscuit Choice or Cereal & Muffin / Fruit / Juice	Teacher Work Day No school for students.
<b>Mama's Kitchen</b>	Spaghetti w/Meat Sauce <b>Choose at least 1:</b> Garlic Toast / Spinach Salad w/ Strawberries / Steamed California Blend / Peas & Carrots / Jello w/Fruit & Topping / Pineapple Tidbits w/Kiwi Garnish	Chicken Bites in Orange Sauce <b>Choose at least 1:</b> Veggie Chow Mein / Spring Roll / Steamed Broccoli / Glazed Carrots / Strawberry-Banana cup / Orange Wedges	BBQ Pork Chop Patty <b>Choose at least 1:</b> Cornbread / Steamed Cabbage / Glazed Yam Patties / Black Eye Peas / Fresh Grape Cluster / Cherry Flavored Applesauce	Chicken or Sausage Biscuit <b>Choose at least 1:</b> Scrambled Eggs / Buttered Grits / Hash Brown Stix / Frozen Mango Fruit Cup / Strawberry Yogurt Parfait	
<b>Sandwich Line</b>	XTreme Bean & Cheese Burrito <b>Choose at least 1:</b> Tortilla Chips w/Salsa / Spinach Salad w/Strawberries / Steamed California Blend / Peas & Carrots / Jello w/Fruit & Topping / Pineapple w/Kiwi Garnish	Sloppy Jo <b>Choose at least 1:</b> Seasoned Fries / Steamed Broccoli / Glazed Carrots / Strawberry-Banana Cup / Orange Wedges	Ham & Cheese Croissant <b>Choose at least 1:</b> Pasta Salad / Lettuce, Tomato, Dill Slice / Romaine Salad / Fresh Grape Cluster / Cherry Flavored Applesauce	Grilled Chicken Sandwich <b>Choose at least 1:</b> Lettuce, Tomato, Dill Slice / Hash Brown Stix / Whole Kernel Corn / Fresh Veggies w/Dip / Frozen Mango Fruit Cup / Strawberry Yogurt Parfait	
<b>Express Line</b>	Basil Boss Personal Pan <b>Choose at least 1:</b> Spinach Salad w/Strawberries / Veggies w/Dip / Corn on Cob / Jello w/Fruit & Topping / Pineapple w/Kiwi Garnish	Stuffed Crust Cheese Pizza <b>Choose at least 1:</b> Romaine Salad / Corn on Cob / Veggies w/Dip / Fresh Grape Cluster / Cherry Flavored Applesauce	Deli Sandwich <b>Choose at least 1:</b> Baked Chips / Fresh Veggies w/Dip / Lettuce, Tomato, Dill Slice / Strawberry-Banana Cup / Orange Wedges	Chicken Salad on Lettuce Bed <b>Choose at least 1:</b> Saltines / Baked Chips / Whole Kernel Corn / Fresh Veggies w/Dip / Frozen Mango Fruit Cup / Strawberry Yogurt Parfait	
<b>Salad Line</b>	PBJ Sack Lunch	Asian Salad Plate	Chef Salad Plate	Asian Salad Plate	PBJ Sack Lunch

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# High School Menu

## October 10 - 14, 2016

**ALA CARTE SALES** (Will vary from one location to another. Check with your SN Manager to what is being offered at your school.):

- |   |                                 |
|---|---------------------------------|
| Extra Milk — \$0.50   | Extra Breakfast Entrée — \$1.25 |
| Extra Lunch Entrée — \$1.75                                       | All Extra Side Dishes — \$0.50  |
| Rice Krispie Treat — \$1.00                                       | Cookie (1) — \$0.50             |
| Soft Pretzel — \$1.00   | Cheese Sauce Cup — \$0.50       |
| Specialty Pizza — \$2.25  | Foot Long Subs — \$3.00         |
| Flavored Water — \$1.00 to \$1.50 (depends on what kind of water) |                                 |

<b>Breakfast Prices:</b>	<b>Lunch Prices:</b>
Student — \$1.35	Student — \$2.55
Reduced — \$0.30	Reduced — \$0.40
Adult — \$1.75	Adult — \$3.25

**Fat Free & Lo-fat Milk choice is served with each meal. Dairy Ease & Soy Milk are available upon request.**

**Fresh fruit bowl available daily at Breakfast and Lunch.**

	Monday	Tuesday	Wednesday	Thursday	Friday
	10	11	12	13	14
<b>Breakfast</b>	Fall Break	Biscuit Choice or Toasted Cheese Sandwich / Fruit / Juice	Biscuit Choice or Breakfast Bagel / Fruit / Juice	Biscuit Choice or Mini Chocolate Chip Muffins w/Cereal Bar / Fruit / Juice	Biscuit Choice or Breakfast Burrito / Fruit / Juice
<b>Mama's Kitchen</b>		Turkey Roast & Gravy <b>Choose at least 1:</b> Steamed Rice / Cornbread / Brussel Sprouts / Green Beans / Tropical Fruit Blend / Cantaloupe Slice	Chicken Fajitas on Loco Bread <b>Choose at least 1:</b> Refried Beans / Lettuce, Tomato Cheese Cup / Seasoned Corn / Orange Wedges / Dragon Punch	Meatloaf <b>Choose at least 1:</b> Roll / Creamed Potatoes / Baby Lima Beans / Peas & Carrots / Fruit Cobbler / Juice Bar	Crispitos (2) <b>Choose at least 1:</b> Tortilla Chips w/Salsa / Pinto Beans / Romaine Salad / Pear Salad / Fresh Fruit Cup
<b>Sandwich Line</b>		Hamburger <b>Choose at least 1:</b> Lettuce, Tomato, Dill Slice / Baked Veggie Fries / Broccoli Salad / Green Beans / Tropical Fruit Blend / Cantaloupe Slice	Rib-B-Q Sandwich <b>Choose at least 1:</b> Potato Roasters / Corn on Cob / Veggies w/Dip / Orange Wedges / Dragon Punch	Spicy Chicken Sandwich <b>Choose at least 1:</b> Lettuce, Tomato, Dill Slice / Tortilla Chips w/Salsa / Baby Limas / Peas & Carrots / Fruit Cobbler / Juice Bar	Corn Dog <b>Choose at least 1:</b> Baked Sweet Potato w/Butter, Brown Sugar & Cinnamon Pinto Beans / Broccoli w/Cheese Sauce / Pear Salad / Fresh Fruit Cup
<b>Express Line</b>		Turkey Club <b>Choose at least 1:</b> Baked Chips / Lettuce, Tomato, Dill Slice / Broccoli Salad / Tropical Fruit Blend / Cantaloupe Slice	Basil Boss Pepperoni Pizza <b>Choose at least 1:</b> Romaine Salad / Corn on Cob / Veggies w/Dip / Orange Wedges / Dragon Punch	Ham & Cheese Croissant <b>Choose at least 1:</b> Lettuce, Tomato, Dill Slice / Tortilla Chips w/Salsa / Cole Slaw / Fruit Cobbler / Juice Bar	Wild Mike's Pepperoni Pizza <b>Choose at least 1:</b> Veggies w/Dip / Seasoned Corn / Romaine Salad / Pear Salad / Fresh Fruit Cup
<b>Salad Line</b>		Southwestern Salad Plate	Grilled Chicken Salad Plate	Southwestern Salad Plate	PBJ Sack Lunch

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# High School Menu

## October 17 - 21, 2016

**ALA CARTE SALES** (Will vary from one location to another. Check with your SN Manager to what is being offered at your school.):

- |   |                                 |
|---|---------------------------------|
| Extra Milk — \$0.50   | Extra Breakfast Entrée — \$1.25 |
| Extra Lunch Entrée — \$1.75                                       | All Extra Side Dishes — \$0.50  |
| Rice Krispie Treat — \$1.00                                       | Cookie (1) — \$0.50             |
| Soft Pretzel — \$1.00   | Cheese Sauce Cup — \$0.50       |
| Specialty Pizza — \$2.25  | Foot Long Subs — \$3.00         |
| Flavored Water — \$1.00 to \$1.50 (depends on what kind of water) |                                 |

<b>Breakfast Prices:</b>	<b>Lunch Prices:</b>
Student — \$1.35	Student — \$2.55
Reduced — \$0.30	Reduced — \$0.40
Adult — \$1.75	Adult — \$3.25

**Fat Free & Lo-fat Milk choice is served with each meal. Dairy Ease & Soy Milk are available upon request.**

**Fresh fruit bowl available daily at Breakfast and Lunch.**

	Monday	Tuesday	Wednesday	Thursday	Friday
	17	18	19	20	21
<b>Breakfast</b>	Biscuit Choice or Breakfast Burrito / Fruit / Juice	Biscuit Choice or Muffin w/Yogurt Cup / Fruit / Juice	Biscuit Choice or Cereal Bar w/Cheese Stick / Fruit / Juice	Biscuit Choice or Honey Wheat Breakfast Bar / Fruit / Juice	Biscuit Choice or Manager's Choice / Fruit / Juice
<b>Mama's Kitchen</b>	Chicken Tenders w/Roll <b>Choose at least 1:</b> Glazed Yam Patties / Steamed California Blend / Romaine Salad/ Grapefruit Wedges / Fruit & Yogurt Cup	Homemade Beef A Roni w/Garlic Toast <b>Choose at least 1:</b> Glazed Carrots / Green Peas / Spinach Salad w/Strawberries & Nuts / Peach Slices / Fresh Grape Cluster	Pancakes w/Sausage (2) <b>Choose at least 1:</b> Hash Brown Patties (2) / Sweet Potato Tots / Dragon Punch Juice / Strawberry-Banana Cup / Chocolate Chip Oatmeal Bar	Tacos (2) w/Shredded Cheese, Lettuce, Tomato <b>Choose at least 1:</b> Spanish Rice / Refried Beans w/ Cheese / Whole Kernel Corn / Baked Cinnamon Apples / Vanilla Ice Cream Cup	Manager's Choice <b>Choose at least 1:</b> Please see individual schools for the menu choices for today. Thanks,
<b>Sandwich Line</b>	Grilled Cheese Sandwich on Texas Toast <b>Choose at least 1:</b> Baked BBQ Chips / Romaine Salad / Steamed California Blend / Grapefruit Wedges / Fruit & Yogurt Cup	Mini Burgers <b>Choose at least 1:</b> Baked Fries / Spinach Salad w/ Strawberries & Nuts / Glazed Carrots / Peach Slices / Fresh Grape Cluster	Hot Ham & Cheese <b>Choose at least 1:</b> Sweet Potato Tots / Cole Slaw / Corn on Cob / Dragon Punch Juice / Strawberry-Banana Cup	Grilled Chicken Sandwich <b>Choose at least 1:</b> Lettuce, Tomato, Dill Slice / Baked Tater Tots / Seasoned Whole Kernel Corn / Baked Cinnamon Apples / Vanilla Ice Cream Cup	Manager's Choice <b>Choose at least 1:</b> Please see individual schools for the menu choices for today. Thanks,
<b>Express Line</b>	Pepperoni Pizza Wedge <b>Choose at least 1:</b> Romaine Salad / Steamed California Blend / Baby Carrots w/ Dip / Grapefruit Wedges / Fruit & Yogurt Cup	Spicy Chicken Wrap <b>Choose at least 1:</b> Baked Cheddar Chips / Spinach Salad w/Strawberries & Nuts / Veggies w/Dip / Peach Slices / Fresh Grape Cluster	Basil Boss Pepperoni Pizza <b>Choose at least 1:</b> Romaine Salad / Con on Cob / Veggies w/Dip / Dragon Punch Juice / Strawberry-Banana Cup	Max Cheese Sticks w/Marinara Sauce <b>Choose at least 1:</b> Romaine Salad / Seasoned Whole Kernel Corn / Veggies w/Dip / Baked Cinnamon Apples / Vanilla Ice Cream Cup	Manager's Choice <b>Choose at least 1:</b> Please see individual schools for the menu choices for today. Thanks,
<b>Salad Line</b>	Caesar Salad Plate	Fruit & Yogurt Plate	Caesar Salad Plate	Fruit & Yogurt Plate	PBJ Sack Lunch

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