

# HOOVER CITY SCHOOLS HIGH SCHOOL LUNCH MENU



## MEATLOAF BAR

### Monday: Country Fried Steak with White Gravy & Dinner Roll

Mashed Potatoes w/brown gravy, Turnip Greens, Black-Eyed Peas, Cookie

### Tuesday: Meatloaf with Dinner Roll

Roasted Brussel Sprouts, Macaroni & Cheese, Veggie Dippers, Cookie

### Wednesday: Oven Baked Greek Chicken with Dinner Roll

Zucchini & Squash Medley, Roasted Red Potatoes, Greek Salad, Cookie

### Thursday: Beef Tips & Rice with Dinner Roll

Steamed Broccoli, Brown-Sugar Glazed Carrots, Fresh Garden Salad, Cookie

### Friday: Spaghetti & Meat Sauce w/Breadstick or Cheese Calzone

Seasoned Green Beans, Seasoned Corn, Fresh Garden Salad, Cookie



## VEGETARIAN OPTIONS

Make a vegetable plate at any of the bars by selecting all the fruits and vegetables and a whole grain. You do not have to choose the entrée in order for it to be considered a 'meal.'

# LEAN & GREEN

• JOIN THE MILLIONS •



## SPECIALTY BAR

### Monday: Chicken Tenders or Boneless Wings with Dinner Roll

Mashed Potatoes w/Gravy, Seasoned Green Beans, Veggie Dippers, Cookie

### Tuesday: Sweet & Sour Pork or Teriyaki Chicken

Fried Rice, Stir-Fry Veggies, Brown-Sugar Glazed Carrots, Veggie Dippers, Cookie

### Wednesday: Chicken Tenders or Boneless Wings with Dinner Roll

Mashed Potatoes w/Gravy, Seasoned Green Beans, Veggie Dippers, Cookie

### Thursday: Turkey Tetrizzini with Dinner Roll

Steamed Broccoli, Brown-Sugar Glazed Carrots, Fresh Garden Salad, Cookie

### Friday: Shrimp Poppers, Chicken Tenders or Boneless Wings w/Dinner Roll

Baked Beans, Seasoned Corn, Fresh Garden Salad, Cookie

## FIESTA BAR

### Monday: Crisritos

Chili Beans, Seasoned Corn, Veggie Dippers, Cookie

### Tuesday: Beef or Chicken Taco Salad

Seasoned Black Beans, Seasoned Corn, Veggie Dippers, Cookie

### Wednesday: Crisritos

Chili Beans, Seasoned Corn, Veggie Dippers, Cookie

### Thursday: Beef or Chicken Taco Salad


Seasoned Black Beans, Seasoned Corn, Veggie Dippers, Cookie

### Friday: Crisritos

Chili Beans, Seasoned Corn, Veggie Dippers, Cookie

## GRAB-N-GO SALADS & SANDWICHES

### *A Variety of Boxed Sandwich Meals & Salads Offered Daily*

Chicken Tender Salad \* Ham Chef Salad \* Greek Salad with Chicken  
\* Ham & Cheese Wrap \* Chicken Caesar Salad \* Ham Sandwich  
\* Turkey Sandwich \* Turkey & Cheese Sandwich \* Club Sandwich Meal  
\* Peanut Butter & Jelly Sandwich 

*This institution is an equal opportunity provider & employer*

## GRILLE

### Monday: Hamburger/Cheeseburger, Spicy, Breaded or Grilled Chicken Sandwich, Specialty Hotdogs

Buffalo Curly Fries, Seasoned Green Beans, Veggie Dippers, Cookie

### Tuesday: Hamburger/Cheeseburger, Spicy, Breaded or Grilled Chicken Sandwich, Specialty Hotdogs

Potato Rounds, Seasoned Corn, Veggie Dippers, Cookie

### Wednesday: Hamburger/Cheeseburger, Spicy, Breaded or Grilled Chicken Sandwich, Specialty Hotdogs

Sweet Potato Fries, Seasoned Green Beans, Veggie Dippers, Cookie

### Thursday: Hamburger/Cheeseburger, Spicy, Breaded or Grilled Chicken Sandwich, Specialty Hotdogs

Potato Rounds, Steamed Broccoli, Veggie Dippers, Cookie

### Friday: Hamburger/Cheeseburger, Spicy, Breaded or Grilled Chicken Sandwich, Fish Sandwich

Baked Curly Fries, Baked Bean, Veggie Dippers, Cookie

## PIZZA BAR

### Monday: Cheese Sticks w/Marinara, Sliced Four-Cheese Pizza, Fiestada Pizza, Sliced Four-Meat Pizza, Pepperoni Personal Pan Pizza

Buffalo Curly Fries, Fresh Garden Salad, Veggie Boat w/Hummus, Cookie

### Tuesday: Cheese Sticks w/Marinara, Sliced Four-Cheese Pizza, Fiestada Pizza, Sliced Four-Meat Pizza, Pepperoni Personal Pan Pizza

Potato Rounds, Fresh Garden Salad, Veggie Boat w/Hummus, Cookie

### Wednesday: Cheese Sticks w/Marinara, Sliced Four-Cheese Pizza, Fiestada Pizza, Sliced Four-Meat Pizza, Pepperoni Personal Pan Pizza

Baked Curly Fries, Fresh Garden Salad, Veggie Boat w/Hummus, Cookie

### Thursday: Cheese Sticks w/Marinara, Sliced Four-Cheese Pizza, Fiestada Pizza, Sliced Four-Meat Pizza, Pepperoni Personal Pan Pizza

Potato Rounds, Fresh Garden Salad, Veggie Boat w/Hummus, Cookie

### Friday: Cheese Sticks w/Marinara, Sliced Four-Cheese Pizza, Fiestada Pizza, Sliced Four-Meat Pizza, Pepperoni Personal Pan Pizza

Buffalo Curly Fries, Fresh Garden Salad, Veggie Boat w/Hummus, Cookie

**Offered Daily for selection at each food bar: Fresh Fruit Boats, Canned Fruit & Fresh Whole Fruits**

Revised: 8/1/2017

**A meal includes:** 1 Entrée (Whole-Grain & Meat/Meat Alternate Option), 1-3 Vegetable/Salad Choices, 1-2 Fruit Choices & Choice of Milk . \*Each tray must include a 1/2 cup of fruit or vegetable in order to qualify as a reimbursable meal