

HOOVER CITY SCHOOLS HIGH SCHOOL LUNCH MENU



MEAT COOKING BAR

Monday: Country Fried Steak with White Gravy & Dinner Roll

Mashed Potatoes w/brown gravy, Seasoned Green Beans, Black-Eyed Peas, Fresh Garden Salad, Cookie

Tuesday: Meatloaf w/Dinner Roll

Fresh Steamed Collards, Macaroni & Cheese, Roasted Cabbage, Veggie Dippers, Cookie

Wednesday: Oven Baked Greek Chicken w/Dinner Roll

Zucchini & Squash Medley, Roasted Red Potatoes, Cucumber-Tomato Salad, Greek Salad, Cookie

Thursday: Sliced Turkey Roast with Gravy & Dinner Roll

Old Fashioned Bread Stuffing, Sweet Potato Soufflé, Seasoned Green Beans, Cookie

Friday: Spaghetti with Meat Sauce or Marinara w/Breadstick

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 with 2oz Dinner Roll

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

Tuesday: Stuffed Potato Bar with BBQ Pulled Pork with 2oz Dinner Roll

Broccoli with Cheese, Chili Beans, Seasoned Corn, Veggie Dippers, Cookie

Wednesday: Sweet & Sour & Teriyaki Chicken or Pork

Fried Rice, Steamed Broccoli, Brown-Sugar Glazed Carrots, Veggie Dippers, Cookie

Thursday: Chicken Tenders with 2oz Dinner Roll

Mashed Potatoes with Gravy, Seasoned Green Beans, Veggie Dippers, Cookie

Friday: Chicken Tetrizzini, Chicken Pot Pie OR Chicken Broccoli Casserole

Dinner Roll, Seasoned Corn, Roasted Baby Carrots, Fresh Garden Salad, Cookie

Manager's
Choice

FIESTA BAR

Monday: Beef or Chicken Taco Salad

Seasoned Corn, Seasoned Pinto Beans, Veggie Dippers, Cookie

Tuesday: Chicken or Pork Nachos

Seasoned Black Beans, Seasoned Corn, Veggie Dippers, Cookie

Wednesday: Crisпитos

Chili Beans, Seasoned Corn, Veggie Dippers, Cookie

Thursday: Beef or Chicken Taco Salad

Pinto Beans, Seasoned Corn, Veggie Dippers, Cookie

Friday: Crisпитos

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 * Trio Salad * Greek Salad
Ham & Cheese Wrap * Grilled Chicken Caesar Salad * Ham Sandwich
Turkey Sandwich * Chicken Salad Sandwich * Club Sandwich Meal

Quinoa & Rice Salad Fruit/Yogurt Salad Vegetable Hummus Wrap
 *Peanut Butter & Jelly Sandwich Meal

This institution is an equal opportunity provider & employer

GRILLE

Specialty
Hot Dogs!

Monday: Hamburger/Cheeseburger, Spicy, Breaded or Grilled Chicken Sandwich, Hotdog, Grilled Panni Sandwich, Philly Cheesesteak

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

Tuesday: Hamburger/Cheeseburger, Spicy, Breaded or Grilled Chicken Sandwich, Hotdog, Grilled Panni Sandwich, Philly Cheesesteak

Oven Baked Fries, Baked Beans, Veggie Dippers, Cookie

Wednesday:

Hamburger/Cheeseburger, Spicy, Breaded or Grilled Chicken Sandwich, Hotdog, Grilled Panni Sandwich, Philly Cheesesteak

Sweet Potato Fries, Steamed Broccoli, Veggie Dippers, Cookie

Thursday: Hamburger/Cheeseburger, Spicy, Breaded or Grilled Chicken Sandwich, Hotdog, Grilled Panni Sandwich, Philly Cheesesteak

Potato Rounds, Seasoned Green Beans, Veggie Dippers, Cookie

Friday: Hamburger/Cheeseburger, Spicy, Breaded or Grilled Chicken Sandwich, Hotdog, Grilled Panni Sandwich, Philly Cheesesteak

Oven Baked Fries, Seasoned Corn, Veggie Dippers, Cookie

PIZZA BAR

Monday: Cheese Sticks w/Marinara, Sliced Cheese Pizza, Fiestada Pizza w/Guacamole, Sliced Four-Meat Pizza

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

Tuesday: Pan Cheese or Pepperoni Pizza, Buffalo Chicken Pizza, Turkey Pepperoni Calzone

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

Wednesday: Sliced Four-Meat Pizza or Cheese Pizza, Fiestada Pizza w/Guacamole, Cheese Sticks w/Marinara

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

Thursday: Stuffed Crust Cheese or Pepperoni Pizza, Turkey Pepperoni Calzone, Buffalo Chicken Pizza

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

Friday: Pan Cheese or Pepperoni Pizza, Stuffed Pepperoni Sandwich, Sliced Four-Meat Pizza

Oven Baked 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: 3/7/2017

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