

High School Lunch Menu September 2023

Meal Price:
Paid: \$3.50
Adult Lunch Meal: \$5.09+tax

More Info...
Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)
Daily Fruit Offerings: Apple, Orange, Banana, 100% Apple Juice or 100% Fruit Punch
Daily Vegetable Offerings: Baby Carrots, Celery Sticks & Tater Tots
Available Daily:

- Made To Order Boar's Head Deli Sandwich
- Grilled Cheese Sandwich on WG Bread **V**
- Bagel Meal: Fresh NY-Style Bagel w/ 2 Cheese Sticks OR Yogurt **V**
- Cheese Pizza **V**
- Pepperoni (P) Pizza

Please Note: (WG) denotes whole grain, (P) denotes item may contain pork, **V** denotes Vegetarian option, (*) denotes item offered with WG dinner roll(s)
 All deli sandwiches made with Boar's Head meats

Grades K-12 are offer vs serve and must choose at least 3, up to 5, of the below mentioned items. One of the choices must be a fruit or vegetable.

- Meat/Meat Alternate
- Vegetable
- Whole Grain Item
- Fruit
- Milk



This institution is an equal opportunity provider.



Made to order Salad Bar available every Tuesday and Thursday!

FREE LUNCH WEEK! SEPTEMBER 11th – 15th

Indicates a fresh produce.
 Denotes item prepared from scratch or speed scratch.

1 No School Summer Recess

4 No School Summer Recess

5
 Chicken or Cheese Quesadilla on WG Tortilla
 Black Beans
 Steamed Corn
 Fruit of the Day
 Milk of the Day

6
 Pepperoni (P) or Cheese Calzone
 Cucumber & Tomato Salad
 Fruit of the Day
 Milk of the Day

7
 Tater Tot Beef Nachos
 Broccoli
 Fruit of the Day
 Milk of the Day

8
 Chicken Parmesan
 Red Pepper Strips
 Fruit of the Day
 Milk of the Day

11
FREE LUNCH
 Pizza Crunchers
 Grape Tomatoes
 Fruit of the Day
 Milk of the Day

12
FREE LUNCH
 Chicken Club Melt
 Roasted Zucchini
 Fruit of the Day
 Milk of the Day

13
FREE LUNCH
 Mac & Cheese*
 Steamed Spinach
 Fruit of the Day
 Milk of the Day

14
FREE LUNCH
 Bacon Cheeseburger
 Chickpea Salad
 Fruit of the Day
 Milk of the Day

15
FREE LUNCH
 BBQ Chicken & Cheddar
 Flatbread
 Cucumber Coins
 Fruit of the Day
 Milk of the Day

18
 Tater Tot Beef Nachos
 Black Beans
 Fruit of the Day
 Milk of the Day

19
 Pizza Chicken Meatball
 Sub Melt
 Broccoli
 Fruit of the Day
 Milk of the Day

20
 Philly Cheesesteak on WG Sub
 Waffle Fries
 Spinach Salad
 Fruit of the Day
 Milk of the Day

21
 Baked Ziti with Garlic Bread
 Cucumber Coins
 Fruit of the Day
 Milk of the Day

22
 Fish Sticks
 Steamed Green Beans
 Fruit of the Day
 Milk of the Day

25
No School Yom Kippur

26
 Ham (P) & Cheese Melt on Bagel
 Roasted Cauliflower
 Fruit of the Day
 Milk of the Day

27
 Pepperoni (P) or Cheese Calzone
 Garden Salad
 Fruit of the Day
 Milk of the Day

28
 Chicken Club Melt
 Steamed Corn
 Fruit of the Day
 Milk of the Day

29
 Pizza Crunchers
 Red Pepper Strips
 Fruit of the Day
 Milk of the Day