# High School Lunch Menu

## November 2015

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese Pizza</td>
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<tr>
<td>Pepperoni Pizza</td>
<td>Meat Lovers Pizza</td>
<td>Buffalo Chicken Pizza</td>
<td>Pepperoni Pizza</td>
<td>Pepperoni Pizza</td>
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<tr>
<td>Hamburger</td>
<td>Cheeseburger</td>
<td>Hamburger</td>
<td>Hamburger</td>
<td>Hamburger</td>
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<tr>
<td>Breaded Chicken Sandwich</td>
<td>Breaded Chicken</td>
<td>Breaded Chicken Sandwich</td>
<td>Meat Lovers Pizza</td>
<td>Breaded Chicken Sandwich</td>
</tr>
<tr>
<td>Buffalo Chicken Wrap</td>
<td>Turkey Chef Salad</td>
<td>Turkey Club Sandwich</td>
<td>Cheeseburger</td>
<td>Triple Decker PB&amp;J</td>
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</tbody>
</table>

### Extra Extra

- Celery Sticks
- Tossed Salad
- 100% Apple Juice
- Fresh Fruit Assortment

### Available Daily SONO Bar: Choose your base – Fiesta Rice or Tortilla Chips

- Daily – Fiesta Corn
- Monday, Wednesday, and Friday – Southwest Black Beans
- Tuesday & Thursday – Refried Beans

### CREATE

- Sweet & Sour Chicken w/ Rice
  - Steamed Carrots
  - Steamed Sweet Peas

- Bacon Jalapeño Grilled Cheese Sandwich w/ Tomato Soup
  - Baby Carrots
  - Mediterranean Pasta Salad
  - Berry Crisp
  - Fresh Fruit Assortment

- Chicken & Black Bean Chili w/ Cornbread
  - Cajun Slaw
  - Tossed Salad
  - Chilled Fruit Assortment
  - Fresh Fruit Assortment

- Hamburger Steak w/ Gravy & Rice
  - Fresh Broccoli Florets
  - Corn & Black Bean Salad
  - Chilled Mandarin Oranges
  - Fresh Fruit Assortment

- Spaghetti & Meat Sauce w/ Garlic Bread
  - Baby Carrots
  - Tossed Salad
  - Chilled Peaches
  - Fresh Fruit Assortment

### CREATE

- Buffalo Chicken Nuggets w/ Roll
  - Savory Green Beans
  - Mashed Potatoes

- Meatball Sub w/ Mozzarella
  - Seasoned Broccoli
  - Mixed Veggie Blend

- All-American BBQ Pulled Pork Sandwich
  - Baked Beans
  - Freedom Fries
  - Justice Jello

- Chicken Nuggets w/ Mac & Cheese
  - Steamed Carrots
  - Seasoned Greens

- Break for Lunch
  - Chicken & Waffles
  - Pancakes w/ Scrambled Eggs
  - Crispy Hash Browns
  - Sweet Potato Tots

### CREATE

- Spaghetti & Meatballs w/ Garlic Bread
  - Italian Vegetable Medley
  - Seasoned Broccoli

- Teriyaki Chicken w/ Rice
  - Asian Mixed Veggies
  - Steamed Carrots

- Turkey Day!
  - Turkey w/ Gravy & Cornbread Dressing
  - Mashed Potatoes
  - Savory Green Beans
  - Cinnamon Sweet Potatoes

- Chicken Parmesan w/ Rotini
  - Italian Vegetable Medley
  - Savory Green Beans

### CREATE

- NO SCHOOL

### CREATE

- Chicken Nuggets w/ Mac & Cheese
  - Steamed Broccoli
  - Sweet Yellow Corn

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**Please note: holiday meal date may vary by school.**

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**Students:** $2.50  
**Reduced:** No charge  
**Adults:** $3.75

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A complete lunch includes choice of entrée (includes a source of protein and grain/bread accompaniments), choice of fruit/vegetable side dishes, and a choice of milk. A complete lunch must include a ½ cup fruit or vegetable. Milk choices include 1% white and fat free chocolate. All grains are whole grain rich.

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