

# High School Lunch Menu Fall 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Cinnamon Toast Crunch Frosted Flakes	Cinnamon Toast Crunch Frosted Flakes	Cinnamon Toast Crunch Frosted Flakes	Cinnamon Toast Crunch Frosted Flakes	Cinnamon Toast Crunch Frosted Flakes
Sausage Biscuit Sandwich	Breakfast Sandwich Bacon Breakfast Sandwich	Pancake on a Stick	Chicken Bites and Waffle	Sausage Biscuit Sandwich
Chilled Pears Apple Juice	Fruit Cocktail Chilled Pineapple Tidbits	Mandarin Oranges Apple Juice	Chilled Peaches Banana	Orange Wedges Apple Juice
Pepper Gravy, Jelly 1% Milk or Fat Free Chocolate	Ketchup 1% Milk or Fat Free Chocolate	Syrup 1% Milk or Fat Free Chocolate	Syrup 1% Milk or Fat Free Chocolate	Pepper Gravy, Jelly 1% Milk or Fat Free Chocolate

## Hot Lunch - \$3.00

<b>Week 1</b> Aug 24 Sept 14 Oct 5 Oct 26 Nov 16 Dec 14	<b>Chicken Nuggets/Roll</b> Grilled Cheese Mashed Potatoes Mixed Vegetables Carrots & Celery Fruit Cocktail Green & Red Grapes Ketchup, BBQ Sauce, Pepper Gravy, Ranch 1% Milk or Fat Free Chocolate	<b>Fiesta Nachos</b> Nacho Grande Spanish Rice Seasoned Corn Pinto Beans Chilled Pears Fresh Orange Wedges Salsa, Jalapenos 1% Milk or Fat Free Chocolate	<b>Chicken Parmesan with Pasta</b> Pizza Sticks with Pasta Veggie Side Salad Glazed Baby Carrots Chilled Peaches Red, Yellow, Green Apples Marinara, Ranch 1% Milk or Fat Free Chocolate	<b>Orange Chicken with Rice</b> Thai Sweet Chili Chicken with Rice Sweet Potato Chunks Steamed Broccoli Zucchini & Squash Pineapple & Kiwi Cantaloupe & Strawberries Ranch 1% Milk or Fat Free Chocolate	<b>Cheese Pizza</b> Pepperoni Pizza Cucumber and Tomatoes Seasoned Corn Parmesan Roasted Potatoes Mandarin Oranges Watermelon & Grapes Ranch, Ketchup 1% Milk or Fat Free Chocolate
<b>Week 2</b> Aug 31 Sept 21 Oct 12 Nov 2 Nov 30	<b>Steak Fingers/Roll</b> Cheese Calzonettes Mashed Potatoes Green Beans Glazed Baby Carrots Fruit Cocktail Green & Red Grapes Ketchup, Pepper Gravy, Marinara 1% Milk or Fat Free Chocolate	<b>Chicken Alfredo/Breadstick</b> Pizza Sticks Mixed Vegetables Steamed Broccoli Veggie Side Salad Chilled Peaches Red, Yellow, Green Apples Marinara, Ranch 1% Milk or Fat Free Chocolate	<b>Chicken Taco</b> Cheese Enchiladas Spanish Rice Pinto Beans Seasoned Corn Chilled Pears Strawberries & Grapes Salsa, Jalapenos 1% Milk or Fat Free Chocolate	<b>Chicken Strips/Texas Toast</b> Grilled Cheese Sandwich Parmesan Roasted Potatoes Cucumber/Cauliflower/Carrot Trio Green Beans Pineapple & Kiwi Fresh Orange Wedges Ketchup, Ranch 1% Milk or Fat Free Chocolate	<b>Cheese Pizza</b> Pepperoni Pizza Oven Baked Fries Green Peas Fresh Baby Carrots Mandarin Oranges Watermelon/Strawberries Ketchup, Ranch , Marinara 1% Milk or Fat Free Chocolate
<b>Week 3</b> Sept 7 Sept 28 Oct 19 Nov 9 Dec 7	<b>Frito Pie</b> Grilled Cheese Sandwich Cilantro Lime Rice Pinto Beans Seasoned Corn Chilled Peaches Red, Yellow, Green Apples 1% Milk or Fat Free Chocolate	<b>Chicken Nuggets/Roll</b> Cheese Calzonettes Mashed Potatoes Green Peas Carrots & Celery Chilled Pears Fresh Orange Wedges Ketchup, BBQ Sauce, Marinara , Pepper Gravy, Ranch 1% Milk or Fat Free Chocolate	<b>Meatball Sub Sandwich</b> Breaded Chicken Sandwich Cucumber/Cauliflower/Carrot Trio Parmesan Roasted Potatoes Green Beans Chilled Pineapple Cantaloupe & Grapes Ketchup, Mustard, Mayo, Ranch 1% Milk or Fat Free Chocolate	<b>Orange Chicken with Rice</b> Thai Sweet Chili Chicken with Rice Sweet Potato Chunks Steamed Broccoli Zucchini & Squash Mandarin Oranges Strawberries & Grapes Ranch 1% Milk or Fat Free Chocolate	<b>Cheese Pizza</b> Pepperoni Pizza Oven Baked Fries Veggie Side Salad Seasoned Corn Chilled Peaches Watermelon & Strawberries Ketchup, Ranch 1% Milk or Fat Free Chocolate

\*Menu subject to change based on availability

**Bistro Line - \$3.50**

**High School Concepts Lunch - Bistro 2015**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1</b> Aug 24 Sept 14 Oct 5 Oct 26 Nov 16 Dec 14	Southern Bowl: Popcorn Chicken Whole Grain Biscuit Mashed Potatoes Peas Seasoned Corn Fresh Baby Carrots  Fruit Cocktail Green & Red Grapes  Pepper Gravy, Ranch 1% Milk or Fat Free Chocolate	Hamburger Cheeseburger Breaded Chicken Sandwich Shredded Lettuce Tomatoes, Sliced Onion Ring Topping (2) Red Onions Fresh Pickles Jalapenos Black Beans French Fries Chilled Pears Fresh Orange Wedges Ketchup, Mustard, Mayo, Ranch, BBQ, Cucumber Salsa 1% Milk or Fat Free Chocolate	Sandwich Station Sub Roll Choice of Turkey or Ham American Cheese Shredded Lettuce Tomatoes, Sliced Red Onions Fresh Pickles Cross Trax Potatoes Squash & Zucchini Combo Chilled Peaches Red, Yellow, Green Apples Mustard, Mayo , Ranch, Ketchup Cucumber Salsa	Spring Mix Salad Bar: Popcorn Chicken Cheddar Cheese Carrots Cucumber Slices Sweet Corn Green Peas Tomato Slices Red Onions French Fries Roll Pineapple and Kiwi Cantaloupe & Strawberries Ranch, Ketchup, BBQ 1% Milk or Fat Free Chocolate	Boneless Wing Station: Buffalo Red Hot Boneless Wings Frank's Sweet Chili Boneless Wings Teriyaki Boneless Wings Jalapeno Cheese Bread Steamed Broccoli Carrots and Celery  Mandarin Oranges Watermelon & Grapes  Ranch 1% Milk or Fat Free Chocolate
<b>Week 2</b> Aug 31 Sept 21 Oct 12 Nov 2 Nov 30	Southern Bowl: Popcorn Chicken Whole Grain Biscuit Mashed Potatoes Peas Seasoned Corn Fresh Baby Carrots  Fruit Cocktail Green & Red Grapes  Pepper Gravy, Ranch 1% Milk or Fat Free Chocolate	Hamburger Cheeseburger Breaded Chicken Sandwich Shredded Lettuce Tomatoes, Sliced Onion Ring Topping (2) Red Onions Fresh Pickles Jalapenos Black Beans French Fries Chilled Peaches Red, Yellow, Green Apples Ketchup, Mustard, Mayo, Ranch, BBQ, Cucumber Salsa 1% Milk or Fat Free Chocolate	Sandwich Station Sub Roll Choice of Turkey or Ham American Cheese Shredded Lettuce Tomatoes, Sliced Red Onions Fresh Pickles Cross Trax Potatoes Squash & Zucchini Combo Chilled Pears Strawberries & Grapes Mustard, Mayo , Ranch, Ketchup Cucumber Salsa	Spring Mix Salad Bar: Popcorn Chicken Cheddar Cheese Carrots Cucumber Slices Sweet Corn Green Peas Tomato Slices Red Onions French Fries Roll Pineapple and Kiwi Fresh Orange Wedges Ranch, Ketchup, BBQ 1% Milk or Fat Free Chocolate	Boneless Wing Station: Buffalo Red Hot Boneless Wings Frank's Sweet Chili Boneless Wings Teriyaki Boneless Wings Jalapeno Cheese Bread Steamed Broccoli Carrots and Celery  Mandarin Oranges Watermelon & Strawberries  Ranch 1% Milk or Fat Free Chocolate
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**\*Menu subject to change based on availability**

# High School Concept - Intercontinental 2015

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Intercontinental Line - \$3.50**

\*Menu subject to change based on availability

<b>Week 1</b> Aug 24 Sept 14 Oct 5 Oct 26 Nov 16 Dec 14	<b>Chipotle Bowl:</b> Chicken Fajita Shredded Cheese Cilantro Lime Rice Tortilla Bowl Shredded Lettuce Tomatoes, Diced Black Beans Seasoned Corn Fruit Cocktail Green & Red Grapes Pineapple Salsa, Jalapenos, Buffalo Ranch, Ranch 1% Milk or Fat Free Chocolate	Cheese Pizza Pepperoni Pizza Bosco Sticks Fresh Baby Carrots Green Beans Mixed Vegetables Chilled Pears Fresh Orange Wedges Ranch, Marinara 1% Milk or Fat Free Chocolate	Lemon Chicken over Rice General Tso's Chicken over Rice Steamed Broccoli Cross Trax Potatoes Squash & Zucchini Combo Chilled Peaches Red, Yellow, Green Apples Ranch, Ketchup 1% Milk or Fat Free Chocolate	<b>Taco Bowl:</b> Taco Meat Cheese Sauce Spanish Rice Tortilla Bowl Shredded Lettuce Diced Tomatoes Pinto Beans Seasoned Corn Pineapple and Kiwi Cantaloupe & Strawberries Salsa, Jalapenos, Ketchup 1% Milk or Fat Free Chocolate	Chicken Parmesan Sub Sandwich Bosco Sticks Carrots & Celery Seasoned Corn Parmesan Roasted Potatoes Mandarin Oranges Watermelon & Grapes Ranch, Marinara, Ketchup 1% Milk or Fat Free Chocolate
<b>Week 2</b> Aug 31 Sept 21 Oct 12 Nov 2 Nov 30	<b>Chipotle Bowl:</b> Chicken Fajita Shredded Cheese Cilantro Lime Rice Tortilla Bowl Shredded Lettuce Tomatoes, Diced Black Beans Seasoned Corn Fruit Cocktail Green & Red Grapes Pineapple Salsa, Jalapenos Buffalo Ranch, Ranch 1% Milk or Fat Free Chocolate	Cheese Pizza Pepperoni Pizza Bosco Sticks Fresh Baby Carrots Green Beans Mixed Vegetables Chilled Peaches Red, Yellow, Green Apples Ranch, Marinara 1% Milk or Fat Free Chocolate	Lemon Chicken over Rice General Tso's Chicken over Rice Steamed Broccoli Cross Trax Potatoes Squash & Zucchini Combo Chilled Pears Strawberries & Grapes Ranch, Ketchup 1% Milk or Fat Free Chocolate	<b>Taco Bowl:</b> Taco Meat Cheese Sauce Spanish Rice Tortilla Bowl Shredded Lettuce Diced Tomatoes Pinto Beans Seasoned Corn Pineapple and Kiwi Fresh Orange Wedges Salsa, Jalapenos, Ketchup 1% Milk or Fat Free Chocolate	Chicken Parmesan Sub Sandwich Bosco Sticks Carrots & Celery Seasoned Corn Parmesan Roasted Potatoes Mandarin Oranges Watermelon & Strawberries Ranch, Marinara, Ketchup 1% Milk or Fat Free Chocolate
<b>Week 3</b> Sept 7 Sept 28 Oct 19 Nov 9 Dec 7	<b>Chipotle Bowl:</b> Chicken Fajita Shredded Cheese Cilantro Lime Rice Tortilla Bowl Shredded Lettuce Tomatoes, Diced Black Beans Seasoned Corn Chilled Peaches Red, Yellow, Green Apples Pineapple Salsa, Jalapenos Buffalo Ranch, Ranch 1% Milk or Fat Free Chocolate	Cheese Pizza Pepperoni Pizza Bosco Sticks Fresh Baby Carrots Green Beans Mixed Vegetables Chilled Pears Fresh Orange Wedges Ranch, Marinara 1% Milk or Fat Free Chocolate	Lemon Chicken over Rice General Tso's Chicken over Rice Steamed Broccoli Cross Trax Potatoes Squash & Zucchini Combo Chilled Pineapple Cantaloupe & Grapes Ranch, Ketchup 1% Milk or Fat Free Chocolate	<b>Taco Bowl:</b> Taco Meat Cheese Sauce Spanish Rice Tortilla Bowl Shredded Lettuce Diced Tomatoes Pinto Beans Seasoned Corn Mandarin Oranges Strawberries and Grapes Salsa, Jalapenos, Ketchup 1% Milk or Fat Free Chocolate	Chicken Parmesan Sub Sandwich Bosco Sticks Carrots & Celery Seasoned Corn Parmesan Roasted Potatoes Chilled Peaches Watermelon & Strawberries Ranch, Marinara, Ketchup 1% Milk or Fat Free Chocolate

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