

High School
Middle School
School Lunch Menu

Lunch Prices:
Student \$1.80
Adult \$3.10
Milk: .40
1%, Skim,
2%, Chocolate
100 % Juice .40
Baked Chips \$.75
Rice Krispie Treats \$1.00
Grandma's Cookies \$1.00

| Monday Pepperoni | Tuesday Cheese | Wednesday Weekly Special | Thursday Cheese Pizza | Friday Flat Bread Pizza |
|--|--|---|--|---|
| 1 Stuffed Crust Pizza Dippers with Tomato Sauce Baked Potato or Carrot Sticks Chilled or Fresh Fruit Milk | 2 Baked Rotini w/ Mozzarella & Tomato Sauce & Herb Breadstick, Carrot or Celery Sticks Fresh or Chilled Fruit Milk | 3 Grilled Chicken & Cheddar Quesadilla Salsa Seasoned Rice Green Beans or Celery Sticks Fresh or Chilled Mixed Fruit Milk | 4 BBQ Boneless Rib on a Roll or Meatball Sandwich Baked Tator Tots or Steamed Carrots Chilled Pears or Fresh Fruit Milk | 5 Italian Dunkers with Cheese and Marinara sauce Green Beans or Tossed Salad w/ Dressing Chilled or Fresh Fruit Milk |
| 8 Beef Nachos w/Cheese Sauce Green Beans or Carrot Sticks Fresh Fruit or Chilled Applesauce Milk | 9 Chicken Fingers with Dipping Sauce Baked Cheddar Brown Rice Oven Fries or Celery Sticks Fresh Fruit or Applesauce Milk | 10 Popcorn Chicken w/ Fresh Baked Cornbread Mashed Potatoes or Green Beans Fresh Fruit or Chilled Mixed Fruit Milk | 11 Italian Dunkers with Cheese & Tomato Sauce Tossed Salad w/ Lite Dressing or Green Beans Fresh or Chilled Applesauce Milk | 12  Balanced Choices Meal: Baked, Breaded Chicken Parmesan Wrap, Seasoned Noodles Carrots or Celery Sticks, Fresh Low Fat Milk |
| 15 Oven Baked Breaded Chicken Mashed Potatoes or Corn Chilled Applesauce or Fresh Fruit Milk | 16 Big Beef Steakburger with Cheese on a Bun Baked Tator Tots or Celery Sticks Fresh or Chilled Fruit Milk | 17 Oven Baked Mozzarella Sticks w/ Tomato Sauce Tossed Salad w/ Lite Dressing or Green Beans Fresh or Chilled Fruit Milk | 18 Grilled Chicken & Cheddar Quesadilla Herb Seasoned Brown Rice Tossed Salad w/ Lite Dressing or Corn Fresh or Chilled Mixed Fruit Milk | 19 Italian Dunkers with Cheese and Marinara sauce Green Beans or Tossed Salad w/ Dressing Chilled or Fresh Fruit Milk |
| 22 Pulled Pork BBQ or Chicken Patty on a Bun Oven Baked fries or Green Beans Chilled Mixed Fruit or Fresh Fruit Milk | 23 Spicy Beef Nachos with Cheese Sauce Seasoned Corn or Tossed Salad w Lite Dressing Fresh Fruit or Chilled Applesauce Milk | 24  Balanced Choices Meal: Whole Grained Pasta with Meatballs or Marinara Sauce or Meatball Sub: Corn, Fresh Apple, Low Fat Milk | 25 Mozzarella Cheese Stuffed Crust Pizza Dippers w/ Tomato Sauce, Tossed Salad w/ lite Dressing or Green Beans, Fresh or Chilled Fruit Milk | 26 SUPERINTENDENT'S CONFERENCE DAY NO SCHOOL |
| 29 Beef Nachos w/ Cheese Sauce Salsa Rice Tossed salad w/ Lite Dressing or Green Beans, Fresh or Chilled Fruit Milk | 30 2 Hot Dogs on a Bun, Spicy Chili or Cheese Sauce. Mustard, Onions, and Relish Carrot or Celery Sticks, Fresh or Chilled Fruit Milk | 31 Spicy Beef Taco Wrap, Seasoned Brown Rice Carrots or Broccoli Fresh or Chilled Fruit Milk | March is National Nutrition Month 7 Key Spices for Health: . Cinnamon Curry Ginger Oregano Paprika Rosemary Thyme | All Menus are subject to change |


**Balanced Choices
Meal:**
 Available Daily.
Chicken Caesar Wrap:
 Mixed Greens with Sliced
 Grilled Chicken and Caesar
 Dressing in a Flour Tortilla.
Tuna Salad Wrap: Fresh
 Tuna Salad with Shredded
 Romaine and Sliced
 Tomatoes on a Flour
 Tortilla.
Buffalo Chicken Wrap:
 Sliced Whole Grain Breaded
 Chicken with Shredded
 Lettuce and Spicy Buffalo
 Sauce on a Four Tortilla.
 Add Fresh Fruit, Tossed

**Rotating
Specialties:**
 Cheese Pizza
 Specialty Pizzas
 Pepperoni Pizza
 Calzones &
 Strombolis
 Cheese Burgers
 Chicken Patties
 Buffalo Chicken
 Salads or Wraps
 Fresh Deli
 Sandwiches made to
 order. Grilled or
 Breaded Chicken
 Available Daily