



# High School Lunch Menu with Salad Bar & Deli

Aug 24-28

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Chicken Taco	Spicy Asian Chicken w/Brown rice	Whole Grain Rotini W/Turkey Meat Sauce	Vegetarian Stir Fry	Korean Bibimbap Chicken w/Ginger Lime Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust Cheese VeggieLovers Hawaiian	Off Again Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust Cheese VeggieLovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made with Fresh Local Eggs!	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings Bar	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish	Spicy Chicken Sandwich on Whole Grain Bun
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Pastrami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations	Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Fresh Local Apple Assorted Fruit	Sweet Green Peas Fresh Broccoli w/ Light Dressing Pineapple Cup Assorted Fruit	Green Beans Italiano Fresh Celery Sticks w/ Light Dressing Fresh Orange Assorted Fruit	Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Assorted Fruit	Seasoned Carrots Fresh Broccoli w/ Light Dressing 100% Grape Juice Assorted Fruit
	<b>Start With:</b> Assorted Whole Grain Breads, Rolls, & Wraps <b>Add:</b> Assorted Meats, Cheeses, Homemade Egg Salad – Made with Fresh Local Eggs, Homemade Chicken Salad <b>Top With:</b> Mustard, Mayo, Salad Dressing <b>Finish With:</b> Lettuce, Tomato, Sliced Red Onions				
 Self-Serve Salad Bar Available Daily	<b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama <b>Top With:</b> Shredded Cheddar <b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans <b>Finish With:</b> Buffalo Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks				



## High School Lunch Menu with Salad Bar & Deli

Aug 31-Sept 4

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—if you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Hot Turkey Meatball Sub on <b>Whole Grain Bun</b>	Open Face Turkey Sandwich on <b>Whole Grain Bread</b> w/Gravy	Haitian Style Fish w/ Creole Rice and Beans	Homemade Whole Grain Mac & Cheese	Caribbean Jerk Chicken w/ Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust  Cheese  Veggie Lovers  Hawaiian	Off Again Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust  Cheese  Veggie Lovers  Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made with <b>Fresh Local Eggs!</b>	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on <b>Whole Grain Bun</b> w/ Toppings Bar	Santa Fe Burger on <b>Whole Grain Bun</b>	Spicy Chicken Sandwich on <b>Whole Grain Bun</b>
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/Romaine, Tomatoes, Cheese & <b>Whole Grain Garlic Bun</b>	Turkey Pastrami on <b>Whole Grain Roll</b> w/ Mustard	Mexican Corn Salad w/ Black Beans & <b>Whole Grain Tortilla Chips</b>	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & <b>Whole Grain Garlic Roll</b>
 Hot & Cold Sides Available at All Stations	Local <b>Fresh Baked Sweet Potato w/Cinnamon</b> Homemade Confetti Coleslaw  <b>Fresh Local Apple</b> Assorted Fruit	Mashed Potatoes w/ Gravy  Fresh Celery w/ Light Dressing  Pineapple Cup Assorted Fruit	Glazed Carrots  <b>Fresh Local Tuscan Kale Salad</b>  Fresh Orange Assorted Fruit	Garlic Lemon Broccoli  Fresh Cucumber & Tomato Salad  Fresh Banana Assorted Fruit	Fiesta Black Beans  Fresh Baby Carrots w/ Light Dressing  <b>100% Grape Juice</b> Assorted Fruit
	<b>Start With:</b> Assorted <b>Whole Grain Breads, Rolls, &amp; Wraps</b> <b>Add:</b> Assorted Meats, Cheeses, <b>Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad</b> <b>Top With:</b> Mustard, Mayo, Salad Dressing <b>Finish With:</b> Lettuce, Tomato, Sliced Red Onions				
 Self-Serve Salad Bar Available Daily	<b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, <b>Sliced Local Button Mushrooms</b> , Sliced Radishes, Fresh Jicama <b>Top With:</b> Shredded Cheddar <b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans <b>Finish With:</b> <b>Diced Turkey Ham, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</b>				



## High School Lunch Menu with Salad Bar & Deli

Sept 7-11

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	<b>Labor Day</b>  <b>No School</b>	Ukrainian Chicken w/ Whole Grain Garlic Bun	Barbecue Turkey on Whole Grain Bun	Italian Bagel	Teriyaki Chicken w/ Ginger Lime Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	<b>Labor Day</b>  <b>No School</b>	<b>Homemade Pizza on Whole Grain Crust</b>  Cheese  Veggie Lovers  Hawaiian	Off Today!	And Yet Again!	<b>Homemade Pizza on Whole Grain Crust</b>  Cheese  Veggie Lovers  Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	<b>Labor Day</b>  <b>No School</b>	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings Bar	Pizza Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Grab & Go Cold Sandwiches and Salads	<b>Labor Day</b>  <b>No School</b>	Turkey Pastrami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations	<b>Labor Day</b>  <b>No School</b>	Fresh Roma Roasted Local Red Potatoes  Fresh Baby Carrots w/Light Dressing  Pineapple Cup  Assorted Fruit	Southwest Pinto Beans  Fresh Celery w/ Light Dressing  Fresh Orange  Assorted Fruit	Sweet Potato Wedges  Fresh Broccoli w/ Light Dressing  Fresh Banana  Assorted Fruit	Roasted Broccoli  Fresh Baby Carrots w/Light Dressing  100% Grape Juice  Assorted Fruit
	<b>Start With:</b> Assorted Whole Grain Breads, Rolls, & Wraps  <b>Add:</b> Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad  <b>Top With:</b> Mustard, Mayo, Salad Dressing  <b>Finish With:</b> Lettuce, Tomato, Sliced Red Onions				
 Self-Serve Salad Bar Available Daily	<b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama  <b>Top With:</b> Shredded Cheddar  <b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans  <b>Finish With:</b> Caesar Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks				



# SIMPLY GOOD

## High School Lunch Menu with Salad Bar & Deli

Sept 14-18

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Panes Rellenos (Salvadoran Chicken Torta)	Whole Grain Spaghetti w/ Turkey Meatballs	Buffalo Chicken Wrap	Whole Grain Mac-N- Cheese	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	<b>Homemade Pizza on Whole Grain Crust</b>  Cheese  Veggie Lovers  Hawaiian	Off Again Today!	And Yet Again!	<b>Homemade Pizza on Whole Grain Crust</b>  Cheese  Veggie Lovers  Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made with Fresh Local Eggs!	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish	Spicy Chicken Sandwich on Whole Grain Bun
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Pastrami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations	Roasted Broccoli  Fresh Baby Carrots w/ Light Dressing  Fresh Local Apple  Assorted Fruit	Green Beans Italiano  Fresh Celery Sticks w/ Light Dressing  Pineapple Cup  Assorted Fruit	Seasoned Carrots  Fresh Romaine and Tomato Side Salad  Fresh Orange  Assorted Fruit	Baked Beans  Vegetarian Bean Dip w/ Homemade Tortilla Chips  Fresh Banana  Assorted Fruit	Mexican Corn  Fresh Baby Carrots w/ Light Dressing  100 % Grape Juice  Assorted Fruit
	<b>Start With:</b> Assorted Whole Grain Breads, Rolls, & Wraps  <b>Add:</b> Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad  <b>Top With:</b> Mustard, Mayo, Salad Dressing  <b>Finish With:</b> Lettuce, Tomato, Sliced Red Onions				
 Self-Serve Salad Bar Available Daily	<b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama  <b>Top With:</b> Shredded Cheddar  <b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans  <b>Finish With:</b> Chili Lime Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks				



## High School Lunch Menu with Salad Bar & Deli

Sept 21-25

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Spicy Asian Chicken w/Brown rice	Chicken Taco	Whole Grain Rotini W/Turkey Meat Sauce	Vegetarian Stir Fry	Korean Bibimbap Chicken w/Ginger Lime Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	<b>Homemade Pizza on Whole Grain Crust</b> Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	<b>Homemade Pizza on Whole Grain Crust</b> Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made with Fresh Local Eggs!	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings Bar	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish	Spicy Chicken Sandwich on Whole Grain Bun
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Pastrami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations	Sweet Green Peas Fresh Broccoli w/ Light Dressing Fresh Local Apple Assorted Fruit	Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fruit	Garlic Lemon Broccoli Fresh Celery Sticks w/ Light Dressing Fresh Orange Assorted Fruit	Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Assorted Fruit	Seasoned Carrots Fresh Cucumber Coins 100% Grape Juice Assorted Fruit
	<p><b>Start With:</b> Assorted Whole Grain Breads, Rolls, &amp; Wraps</p> <p><b>Add:</b> Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad</p> <p><b>Top With:</b> Mustard, Mayo, Salad Dressing</p> <p><b>Finish With:</b> Lettuce, Tomato, Sliced Red Onions</p>				
 Self-Serve Salad Bar Available Daily	<p><b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p><b>Top With:</b> Shredded Cheddar</p> <p><b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p><b>Finish With:</b> Buffalo Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				



# SIMPLY GOOD

## High School Lunch Menu with Salad Bar & Deli

Sept 28 - Oct 2

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—if you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Hot Turkey Meatball Sub on <b>Whole Grain Bun</b>	Open Face Turkey Sandwich on <b>Whole Grain Bread</b> w/Gravy	Ukrainian Style Fish w/ <b>Whole Grain Roll</b>	Homemade Whole Grain Mac & Cheese	Caribbean Jerk <b>Chicken</b> w/ <b>Brown Rice</b>
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	<b>Homemade Pizza on Whole Grain Crust</b>  Cheese  Veggie Lovers  Hawaiian	Off Again Today!	And Yet Again!	<b>Homemade Pizza on Whole Grain Crust</b>  Cheese  Veggie Lovers  <b>Spicy Chicken</b>
 Tasty Hand-Held Hot Sandwiches	<b>Chicken Nuggets</b> w/ Mumbo Sauce and <b>Whole Grain Cornbread</b> Made with <b>Fresh Local Eggs!</b>	Toasted Two Cheese Sandwich on <b>Whole Grain Bread</b>	<b>Turkey Hot Dog</b> on <b>Whole Grain Bun</b> w/ Toppings Bar	Santa Fe Burger on <b>Whole Grain Bun</b>	<b>Spicy Chicken Sandwich</b> on <b>Whole Grain Bun</b>
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/Romaine, Tomatoes, Cheese & <b>Whole Grain Garlic Bun</b>	Turkey Pastrami on <b>Whole Grain Roll</b> w/ Mustard	<b>Mexican Corn Salad</b> w/ <b>Black Beans</b> & <b>Whole Grain Tortilla Chips</b>	Turkey Ranch Wrap	<b>Barbecue Chicken Salad</b> w/Romaine, Tomatoes, Cheese & <b>Whole Grain Garlic Roll</b>
 Hot & Cold Sides Available at All Stations	<b>Local Fresh Baked Sweet Potato</b> w/Cinnamon Fresh Broccoli w/ Light Dressing  <b>Fresh Local Apple</b>  Assorted Fruit	Mashed Potatoes w/ Gravy  Fresh Baby Carrots w/ Light Dressing  Pineapple Cup  Assorted Fruit	Green Beans Italiano  <b>Fresh Local Tuscan Kale Salad</b>  Fresh Orange  Assorted Fruit	Garlic Lemon Broccoli  Fresh Cucumber and Tomato Salad  Fresh Banana  Assorted Fruit	Fiesta Black Beans  Fresh Baby Carrots w/ Light Dressing  <b>100% Grape Juice</b>  Assorted Fruit
	<b>Start With:</b> Assorted <b>Whole Grain Breads, Rolls, &amp; Wraps</b> <b>Add:</b> Assorted Meats, Cheeses, <b>Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad</b> <b>Top With:</b> Mustard, Mayo, Salad Dressing <b>Finish With:</b> Lettuce, Tomato, Sliced Red Onions				
 Self-Serve Salad Bar Available Daily	<b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, <b>Sliced Local Button Mushrooms</b> , Sliced Radishes, Fresh Jicama <b>Top With:</b> Shredded Cheddar <b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans <b>Finish With:</b> <b>Diced Turkey Ham, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</b>				