



## High School Lunch Menu

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 (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 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   Grab & Go Cold Sandwiches and Salads	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made with Fresh Local Eggs  Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Toasted Two Cheese Sandwich on Whole Grain Bread  Turkey Pastrami on Whole Grain Roll w/ Mustard	Turkey Hot Dog on Whole Grain Bun w/ Toppings Bar  Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish  Turkey Ranch Wrap	Spicy Chicken Sandwich on Whole Grain Bun  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

USDA is an equal opportunity provider and employer.





# SIMPLY GOOD

## High School Lunch Menu

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 (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 <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!	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  <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 Whole Grain Bread	<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 &amp; 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  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

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**EYE ♥ CARROTS!**

CARROTS GET THEIR ORANGE COLOR FROM BETA CAROTENE, WHICH YOUR BODY TURNS INTO VITAMIN A – IMPORTANT FOR HEALTHY EYES!



**RED & ORANGE VEGETABLES**

Because these vegetables are so good for you, try to eat at least one serving (a half cup) or more every day.





# SIMPLY GOOD

## High School Lunch Menu

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 (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 Again 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

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## High School Lunch Menu

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 (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Panes Rellenos <i>(Salvadoran Chicken Torta)</i>	Whole Grain Spaghetti w/ Turkey Meatballs	Buffalo <b>Chicken</b> Wrap	Whole Grain Mac-N- Cheese	Pescada a la Mexicana <i>(Mexican Style Baked Fish) w/Spanish Brown Rice</i>
 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	<b>Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made with Fresh Local Eggs</b>	Toasted Two Cheese Sandwich on Whole Grain Bread	<b>Turkey Hot Dog on Whole Grain Bun w/Toppings Bar</b>	Charbroiled Cheeseburger on <b>Whole Grain Bun</b> w/ Lettuce & Tomato Garnish	<b>Spicy Chicken Sandwich on 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 & Whole Grain Tortilla Chips	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	Roasted Broccoli  Fresh Baby Carrots w/ Light Dressing  <b>Fresh Local Apple</b>  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	<b>Baked Beans</b>  Vegetarian Bean Dip w/ Homemade Tortilla Chips  Fresh Banana  Assorted Fruit	Mexican Corn  Fresh Baby Carrots w/ Light Dressing  <b>100 % Grape Juice</b>  Assorted Fruit

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### TRY KALE ANY WAY YOU LIKE!

Bake kale chips in the oven with a drizzle of olive oil. Add kale to smoothies, soups, salads and sandwiches!



Dark Greens make a great addition to wraps, salads, omelets and even smoothies!



## High School Lunch Menu

Sept 21-25

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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   Grab & Go Cold Sandwiches and Salads	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made with Fresh Local Eggs  Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Toasted Two Cheese Sandwich on Whole Grain Bread  Turkey Pastrami on Whole Grain Roll w/ Mustard	Turkey Hot Dog on Whole Grain Bun w/ Toppings Bar  Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish  Turkey Ranch Wrap	Spicy Chicken Sandwich on Whole Grain Bun  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

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# SIMPLY GOOD

## High School Lunch Menu

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 (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Hot Turkey Meatball Sub on Whole Grain Bun	Open Face Turkey Sandwich on Whole Grain Bread w/Gravy	Ukrainian Style Fish w/ Whole Grain Roll	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!	<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	Santa Fe Burger on Whole Grain Bun	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 Fresh Baked Sweet Potato w/Cinnamon  Fresh Broccoli w/ Light Dressing  Fresh Local Apple  Assorted Fruit	Mashed Potatoes w/ Gravy  Fresh Baby Carrots w/ Light Dressing  Pineapple Cup  Assorted Fruit	Green Beans Italiano  Fresh Local Tuscan Kale Salad  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  100% Grape Juice  Assorted Fruit

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