



## High School Lunch Cycle Menu

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 (includes a source of protein and grain/bread accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. All grains are whole grain rich. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Mac-N-Cheese w/ Dinner Roll	Rotini Pasta w/ Turkey Meat Sauce OR Rotini w/Marinara sauce & Mozzarella Cheese	Haitian Style Fish w/Red Beans & Brown Rice	Cheeseburger	<b>PROFESSIONAL DEVELOPMENT DAY</b>  <b>NO SCHOOL</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!	<b>Homemade Pizza on Whole Grain Crust</b> Cheese  Veggie Lovers  Spicy Chicken	
 Tasty Hand-Held Hot Sandwiches	Buffalo Chicken Wrap	Chicken Salad Sandwich	<b>Gözleme</b> (Savory Turkish Flatbread filled with Kale & Mozzarella Cheese)	Teriyaki Veggie Burger	
 Grab & Go Cold Sandwiches and Salads	BBQ Chicken Salad w/Romaine Lettuce, Black Beans, and Mozzarella Cheese w/ Garlic Bun	Assorted Deli Meat Sandwich on Whole Grain Roll	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/ Garlic Bun	
 Hot & Cold Sides Available at All Stations	Seasoned Corn  Fresh Baby Carrots  <b>Fresh Local Apple</b> Assorted Fresh Fruit	Glazed Carrots  <b>Fresh Broccoli Florets</b>  Pineapple Cup Assorted Fresh Fruit	Baked Beans  Fresh Local Kale Caesar Salad  Fresh Orange Assorted Fresh Fruit	<b>Green Beans Italiano</b>  Fresh Romaine & Tomato Salad  Fresh Banana Assorted Fresh Fruit	

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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Chicken Nuggets w/ Mumbo Sauce and Cornbread	Mac-N-Cheese w/Dinner Roll	<b>URUGUAY FOOD DAY</b>  Meat Tart with Mashed Sweet Potatoes & Garlic Bun	Veggie Chili w/ Cornbread	Chicken Drumstick and Waffle
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	<b>Homemade Pizza</b> Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	<b>Homemade Pizza</b> Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Tuna Salad Melt	Turkey Meatball Sub with Marinara & Mozzarella on a Sub	Vegetable Tart w/Mozzarella and Kale	Parmesan Chicken Sandwich	Egg Patty and Waffle
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/Fresh Romaine, Tomatoes, <b>Local Cucumber</b> , Cheese, and Garlic Bun	Assorted Deli Meat Sandwich on Whole Grain Roll	<b>Turkey Ham, Cheese, Lettuce, Tomato Sandwich with Mustard</b>	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/ Garlic Bun	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun
 Hot & Cold Sides Available at All Stations	Roasted Broccoli Fresh Baby Carrots <b>Fresh Local Apple</b> Assorted Fresh Fruit	Southwest Pinto Beans Homemade Confetti Coleslaw Pineapple Cup Assorted Fresh Fruit	<b>Sweet Potato Fries</b> <b>Fresh Cucumber Coins</b> Fresh Orange Assorted Fresh Fruit	Seasoned Carrots Fresh Local Tuscan Kale Salad Fresh Banana Assorted Fresh Fruit	Roma Roasted Local Red Potatoes Fresh Celery Sticks 100% Fruit Punch Assorted Fresh Fruit



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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods &amp; International Flavors</p>	Cheeseburger with Lettuce & Tomato Garnish	Rotini Pasta w/Turkey Meat Sauce OR Rotini w/Marinara Sauce & Mozzarella Cheese	Pulled Turkey & Gravy Sandwich w/ Cranberry Sauce	Haitian Style Fish w/Red Beans & Brown Rice	Spicy Asian Chicken w/Ginger Lime Brown Rice
 <p>All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts</p>	Pizza Chef is Off Today!	<b>Homemade Pizza</b> Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	<b>Homemade Pizza</b> Cheese Veggie Lovers Spicy Chicken
 <p>Tasty Hand-Held Hot Sandwiches</p>	Teriyaki Veggie Burger	Tuna Salad Melt	Turkey Meatball Sub with Marinara & Mozzarella on a Sub	<b>Gözleme</b> (Savory Turkish Flatbread filled with Kale & Mozzarella Cheese)	Mozzarella Pizza Melt
 <p>Grab &amp; Go Cold Sandwiches and Salads</p>	BBQ Chicken Salad w/Romaine Lettuce, Black Beans, and Mozzarella Cheese w/Garlic Bun	Assorted Deli Meat Sandwich on Whole Grain Roll	Garden Salad w/Fresh Romaine, Tomatoes, <b>Local Cucumber</b> , Cheese, and Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/ Garlic Bun	Turkey and Cheese Sub w/Fresh Lettuce and Tomato
 <p>Hot &amp; Cold Sides Available at All Stations</p>	Baked Beans  Homemade Confetti Coleslaw  <b>Fresh Local Apple</b>	<b>Green Beans Italiano</b>  Fresh Baby Carrots  Pineapple Cup	Mashed Potatoes w/Turkey Gravy  Fresh Celery Sticks  Fresh Orange	Garlic Lemon Broccoli  Fresh Baby Carrots  Fresh Banana	Seasoned Carrots  Fresh Romaine and Tomato Salad  100% Fruit Punch
	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit



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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	<b>NO SCHOOL</b>	Chicken Nuggets w/ Mumbo Sauce and Cornbread	Ukrainian Chicken Breast w/ Garlic Bun	Veggie Stir Fry	Capital City Chicken Drumstick w/Garlic Bun
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts		<b>Homemade Pizza</b> Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	<b>Homemade Pizza</b> Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches		Tuna Salad Melt	Turkey Meatball Sub with Marinara & Mozzarella on a Sub	Parmesan Chicken Sandwich	Uruguay Vegetable Tart w/ Mozzarella and Kale
 Grab & Go Cold Sandwiches and Salads		Garden Salad w/Fresh Romaine, Tomatoes, Local Cucumber, Cheese, and Garlic Bun	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/Dinner Roll	Turkey and Cheese Sub w/Fresh Lettuce and Tomato
 Hot & Cold Sides Available at All Stations		Seasoned Carrots	Roma Roasted Red Potatoes	Local Country Collard Greens	Southwestern Pinto Beans
		Fresh Cucumber & Tomato Salad	Fresh Local Kale Caesar Salad	Fresh Celery Sticks	Fresh Baby Carrots
	Pineapple Cup Assorted Fresh Fruit	Fresh Orange Assorted Fresh Fruit	Fresh Banana Assorted Fresh Fruit	100% Fruit Punch Assorted Fresh Fruit	

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