



February 2020 High School Lunch

EVERYDAY FAVORITES	<u>Mondays</u> Buffalo Chicken Filet Sandwich PB&J w/ Chips	<u>Tuesdays</u> Popcorn Chicken w/ Roll PB&J w/ Chips	<u>Wednesdays</u> Breaded Chicken Filet Sandwich PB&J w/ Chips	<u>Thursdays</u> Popcorn Chicken w/ Roll PB&J w/ Chips	<u>Fridays</u> Buffalo Popcorn Chicken w/ Roll PB&J w/ Chips
BURGER BAR	Burger Bar Available Daily Customize your burger with a variety of toppings!				
SONO	Available Daily SONO Bar: Choose Nachos or Burrito. Choose a meat – Chicken or Beef Monday, Wednesday, Friday: Seasoned Chicken. Tuesday, Thursday: Buffalo Chicken Dip. Beef available Daily. Monday: Seasoned Corn Tuesday: Fiesta Potatoes Wednesday: Refried Beans w/ Cheese Thursday: Fiesta Potatoes Friday: Seasoned Corn				
Pizza and made to order subs available daily! Check out our Nutrislice app or cafeteria menu signs for daily options!					
Extra Extra	Chilled Fruit Fresh Fruit 100% Fruit Juice	Chilled Fruit Fresh Fruit 100% Fruit Juice	Chilled Fruit Fresh Fruit 100% Fruit Juice	Chilled Fruit Fresh Fruit 100% Fruit Juice	Chilled Fruit Fresh Fruit 100% Fruit Juice
CREATE	3 Country Fried Steak w/ Gravy & Biscuit Mashed Potatoes w/ Gravy Green Beans Celery Sticks	4 Popcorn Shrimp w/ Roll Choice of Dipping Sauces Baked Beans French Fries Fresh Broccoli Florets	5 Sweet & Sour Chicken w/ Fried Rice Glazed Carrots French Fries Cucumber Salad	6 Grilled Cheese Sandwich w/ Chicken Noodle Soup Steamed Broccoli French Fries Tossed Salad	7 Breakfast for Lunch! French Toast Casserole w/ Scrambled Eggs and Sausage Tater Tots Baby Carrots
CREATE	10 Chicken Chili Dip w/ Tortilla Chips Steamed Corn French Fries Baby Carrots	11 Cheesy Baked Ziti w/ Garlic Toast Steamed Carrots French Fries Broccoli Salad	12 Cheesesteak Sandwich Steamed Broccoli French Fries Celery Sticks	13 Chicken Tenders w/ Choice of Dipping Sauces Mac & Cheese Baked Beans French Fries Tossed Salad	14 Oven Fried Chicken Biscuit Green Beans French Fries Cucumber Slices
CREATE	17 No School	18 BBQ Rib Sandwich Baked Beans French Fries Fresh Broccoli Florets	19 Fish Sandwich w/ or w/o Cheese Steamed Carrots French Fries Cucumber Salad	20 Chicken Alfredo w/ Pasta Garlic Toast Steamed Broccoli French Fries Baby Carrots	21 Breakfast for Lunch! French Toast Sticks w/ Scrambled Eggs and Sausage Tater Tots Tossed Salad
CREATE	24 BBQ Glazed Meatballs White Rice Baked Beans French Fries Baby Carrots	25 Toasted Ham & Cheese Sandwich Vegetable Soup French Fries Broccoli Salad	26 Cheesy Chicken w/ Spanish Rice & Dinner Roll Steamed Corn French Fries Fresh Celery Sticks	27 Meatball & Mozzarella Sub Steamed Broccoli French Fries Tossed Salad	28 Baked Ziti w/ Garlic Toast Steamed Carrots French Fries Cucumber Slices

A complete lunch includes choice of entrée (includes a source of protein and grain/bread accompaniments), choice of fruit/vegetable side dishes, and a choice of milk. A complete lunch must include a ½ cup fruit or vegetable. Milk choices include 1% white and fat free flavored. Menus subject to change.

Students: \$2.85 Reduced: No charge Adults: \$4.00

