

August 2016

Jr. - Sr. High School



Menu Information: Deli Sandwiches, Chef Salad, and Yogurt/Cheese offered Daily.
 (##) denotes carb counts in serving size for that menu item will include any items that is always served together.
 Turkey/Cheese or Ham/Cheese or Hoagie (Turkey & Ham) Sandwich (30) Chicken Salad on Sub Bun(34) or Tuna Salad on Sub Bun (30)
 Chef Salad is served each day w/ Dinner Roll & Croutons (29)
 Yogurt/Cheese is served each day w/ Dinner Roll & Granola(47)

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

USDA is an equal opportunity provider and employer.



Monday

Tuesday

Wednesday

Thursday

Friday

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Welcome Back

Blue Valley Brand Hot Dog on Bun (25) or Chicken & Cheese Flatbread (25) 17

Baked Beans (29) 9-12 only Chocolate Chip Cookie (25)

Oven Fried Chicken (11) w/Dinner Roll (14) or Cheeseburger on Bun (23) 18

Mashed Potatoes (20) Gravy(4)

Assorted Pizza (29) or Roasted Chicken Sandwich (33) 19

Corn(16)

Breaded Pork on Bun (42) Or Chicken Wrap (24) 22

Peas & Carrots (8)

Rotini (42) & Meat Sauce(6) w/Garlic Cheese Bread (15) or Hamburger on Bun (23) 23

Fresh Veggies

Macho Nacho (7-8 (24) (9-12 (40) or Ham & Cheese Wrap (25) 24

Refried Beans (23)

Chicken Tetrazinni (35) w/Dinner Roll (14) or Jeff Rib on Sub Bun (38) 25

Mixed Vegetables (12)

Sausage Patty (0) w/Pancakes (27) & Syrup(30) or Sloppy Joe on Bun (37) 26

Tater Tots (20)

Popcorn Chicken (13) w/Dinner Roll (14) or Ham & Cheese Wrap (25) 29

Broccoli w/Cheese (5)

Cheeseburger on Bun (33) or Roasted Chicken on Bun (33) 30

Seasoned French Fries (25)

Mandarin Chicken (23) w/Egg Roll (22) or Jeff Rib on Sub Bun (38) 31

Vegetable Fried Rice (17)

All meals are served with Fruit/Vegetable Bar and Milk.
All grain items served are whole grain rich.
Jr.-Sr. High Lunch Price \$2.85
Extra Entree \$2.00
Side of Fruit or Vegetable \$.50
Chips or Cereal Bar \$.75
Extra Milk \$.40