

September 2016

Jr. - Sr. High School Lunch

LUNCH

Menu Information: Assorted Variety 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: Drink plenty of water. Our bodies are about 60% water. Drinking water helps our body systems running smoothly, optimize metabolism, boost energy levels, and promote good digestion.

****September is Whole Grain Month - All grains served at Lunch are Whole Grain Rich. Try a new whole grain "Quinoa on Sept. 16" All Grains served at Lunch are Whole Grain Rich - Try a new whole grain Sept. 16 Broccoli Quinoa Bake.

USDA is an Equal Opportunity Provider and Employer.

Monday

Tuesday

Wednesday

Thursday

Friday

All meals are served with Fruit/Vegetable Bar and Milk.

Jr. Sr High Lunch Price \$2.85
Extra Entree \$2.00

All grain items served are whole grain

Side of Fruit or Vegetable \$.50
Cups or Cereal Bar \$.75
Extra Milk Carton \$.40

NO SCHOOL
LABOR DAY

5

Mini Corndogs
7-8(33) 9-12(38)or
Jeff Rib on Bun (38)

6

Baked Beans (29)

Teriyaki Chicken (21)
w/Egg Roll(22) &
Seasoned Rice(24) or
Cheeseburger on Bun (23)

7

Warm Cinnamon Apples (30)

Mini Meat Loaves(24)
w/Dinner Roll(14 each) or
BBQ Chicken on Bun (40)

8

Mashed Potatoes(20) & Gravy(4)

Crispy Chicken on Bun (45)
Hamburger on Bun(23)

2

Cowboy Beans (18)

Jeff Rib on Bun (38) or
Roasted Chicken on Bun(33)

12

Roast Seasoned Carrots (5)

Spaghetti Meat Sauce(6)
w/Cheese Ravioli (24)&
Breadstick (17) or
Hamburger on Bun (23)

13

Fresh Veggies

Sausage(0)
w/French Toast Sticks(21) or
Sloppy Joe on Bun (37)

14

Tater Tots (20)

Macho Nacho
7-8(24) 9-12(40)or
BBQ Chicken on Bun (40)

15

Refried Beans (23)

Chicken Strips
7-8 (16) 9-12(21)
w/Dinner Roll (14)or
Pulled Pork on Bun(31)

16

Broccoli Quinoa Baked (6)

Fiestada Pizza(38) or
Jeff Rib on Bun (38)

19

Corn (16)

Cheeseburger on Bun (23) 20
Roasted Chicken on Bun (33)

20

Seasoned French Fries (25)

Chicken Gravy(5)
over Biscuit(24) or
Pulled Pork on Bun(31)

21

Green Beans (4)

Corndog (30)or
Hamburger on Bun(23)

22

Baked Beans (29)

Turkey Wrap(24) or
Chicken & Cheese
Flatbread(25)

23

Tomato Soup(25) Crackers(14)
Apple Crisp (30)

Chicken Nuggets 7-8(14)9-12(20)
w/Chicken/Herb CousCous(22)
& Dinner Roll (14) or
Cheeseburger on Bun (23)

26

California Blend Vegetables(4)

Chicken Alfredo(6)
w/Rotini(42)&Breadstick(17)or
Pulled Pork on Bun(31)

27

Green Peas (11)

HMD Beef Pizza(36) or
Roasted Chicken on Bun (33)

28

Corn (16)

Blue Valley Brand
Hot Dog on Bun (35) or
Chicken & Cheese Flatbread(25)

29

Sweet Potato Waffle Fries(23)
Brownie(16)SunChips (19)9-12 only

Chicken & Cheese
Enchilada (25) or
Sloppy Joe on Bun (37)

30

Beans & Rice (20)