

Jr-Sr High School Lunch

April 2016

Monday

Tuesday

Wednesday

Thursday

Friday



Did you know...

The earliest known use of the phrase "April Fools" dates back to 1693.

Mini Pepperoni Calzone(34) or Ham & Cheese Flatbread (28)

4

Corn(16)

Fish Sandwich(46) or Chicken & Cheese Flatbread (25)

11

Creamed Peas (11)

Soft Shell Taco (7-8(25) (9-12 (32) or Jeff Rib on Bun (44)

18

Refried Beans (23)

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

25

Seasoned Fries(25)

Chicken Gravy(5) w/Biscuit(24) or Cheeseburger Pocket(33)

5

Green Beans(4)

Meat Stacks(20) w/Dinner Roll (15 ea) or BBQ Chicken on Bun(40)

12

Loaded Mashed Potatoes(20) Applesauce Cake(20)

Sausage Links (1.5) w/Pancakes(27)&Syrup(30) or Chicken & Cheese Wrap(24)

19

Tater Tots(20)

Mandarin Chicken (7-8 (23) (9-12 (28) w/HMD Bread (16) or Meatball Sub (40)

26

Vegetable Fried Rice(17)

Macho Nacho (7-8 (24) (9-12(40)or Jeff Rib on Bun (44)

6

Refried Beans (23)

Popcorn Chicken (13) w/HMD Bread(16) or Cheeseburger on Bun(33)

13

Broccoli w/Cheese(5)

Chicken Alfredo Pizza(40) or Sloppy Joe on Bun (24)

20

Green Peas(11)

Fiestada Pizza (38) or Jeff Rib on Bun (44)

27

Corn (16)

Teriyaki Chicken (7-8(15) (9-12 (21) w/Seasoned Rice (24) & Egg Roll (20) or Sloppy Joe on Bun(37)

7

Fresh Veggies

HMD Beef Pizza(34) or Jeff Rib on Bun (44)

14

Corn (16)

Taco Soup(25) w/Cornbread(17) & Tortilla Chips(19) or Cheeseburger on Bun(33)

21

Fresh Veggies

Oven Fried Chicken(11) w/HMD Bread (16) or Ham & Cheese Wrap (25)

28

Mashed Potatoes(17)Gravy(4)

Chicken & Cheese Enchilada (25)or Jeff Rib on Bun (44)

1

Refried Beans(23)

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

8

Potato Wedges (17)

Corn dog (30) or Ham & Cheese Flatbread(28)

15

Baked Beans (29) M&M Chip Cookie (19)

NO SCHOOL DISTRICT MUSIC CONTEST

22



Hot Dog on Bun(23) or Chicken & Cheese Flatbread(25)

29

Baked Beans (29) Sun Chips 9-12 only (19)

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.

Deli Sandwich (Turkey/Cheese or Ham/Cheese) (32) Chicken Salad on Deli Bun(36) or Tuna Salad on Deli Bun (34)

Chef Salad is served each day w/ 1 slice Homemade WG Bread & Croutons (30)

Yogurt/Cheese is served each day w/ 1 slice HMD WG Bread & Granola(47)

HMD=Homemade WG=Whole Grain

All grain items served for Lunch are Whole Grain Rich

NEW ITEM
APRIL 12
MEAT STACKS
(Mini Meatloaf)

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Equal
Opportunity
Provider and
Employer.