

August 2017

Jr - Sr High School

LUNCH

Jr-Sr High Lunch Price \$2.95 -----Extra Entree \$2.00
Side of Fruit or Vegetable \$.50
Chips or Cereal Bar \$.75
Extra Milk Carton \$.50

Menu Information: Assorted Variety Deli Sandwiches, Chef Salad, and Yogurt/Cheese offered Daily.
 (##) denotes carb counts in the serving size for that menu item with all its components.
 Turkey/Cheese or Ham/Cheese or Hoagie (Turkey & Ham) on Sub Bun (30)
 Chicken Salad on Sub Bun(34) or Tuna Salad on Sub Bun (30)
 Chef Salad is served each day w/ Bread Stick & Croutons (32)
 Yogurt/Cheese is served each day w/ Bread Stick & Granola(49)



Monday

Tuesday

Wednesday

Thursday

Friday

All meals are served with Fruit/Vegetable Bar and Milk
 All grain items served are whole grain rich.

7

8

9

10

11

14

15

16
 Hot Dog on Bun(34) or Cheeseburger on Bun (33)
 Baked Beans (29)

17
 Breaded Beef Sticks (7-8 (16) (9-12 (20) w/Dinner Roll(14) or Chicken/Cheese Flatbread(25)
 Mashed Potatoes(20)Gravy(4)

18
 Soft Shell Taco (7-8) 25) (9-12 (32)or Sloppy Joe on Bun (37)
 Refried Beans (23)

21
 Cheese Burger(32) w/Ketchup (8)
 Carrots (8 ea) w/Ranch (2)
 Grapes (8) (9-12 only-Apples (14)
 Cheetos (17)
 Chocolate Chip Cookie (19)
 Juice Box (14)
 Milk

22
 Chicken Strips (7-8 (16) (9-12(21) w/HMD Bread (16) or Jeff Rib on Bun (38)
 Green Beans (4)

23
 Chicken Alfredo (7) w/Rotini(42)&Breadstick(17) or Ham & Cheese Flatbread (28)
 Green Peas (11)

24
Flying Saucers (18) (Ham Slice topped w/Mashed Potatoes & Cheese) w/Dinner Roll (14)
Roasted Chicken on Bun(33)
 Mixed Vegetables (12)

25
 Breaded Pork Cutlet on Bun (42) or XLG PBJ Sandwich(64)
 Cowboy Beans

28
 Oven Fried Chicken (11) w/HMD Bread(16) or Jeff Rib on Bun (38)
 Mashed Potatoes(20)Gravy(4)

29
 Chicken Tetrazinni (36) w/Dinner Roll (14) or Cheeseburger on Bun (33)
 Roasted Seasoned Carrots(7)

30
 HMD Beef Pizza (36) or Roasted Chicken on Bun (33)
 Corn (16)

31
Mandarin Orange Chicken Bowls (Breaded Chicken Chunks covered in Tangy Orange Sauce (33)w/Seasoned Rice(24) & Egg Roll (22)) OR
Ham & Cheese Flatbread California Blend Vegetables (4)

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