



High School Lunch Menu

Week of September 30 – October 4

Monday						
	Spinach & Feta Pizza ★	Grilled Cheese w/ Tomato Soup ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! Served w/Deli Chips	Soup Bread Bowl	Side Salad Baby Carrots Broccoli Florets Fruit Cocktail Applesauce	
	Boneless Wings	★ Spicy Chicken Sandwich		Baked Beans		
	Tuesday	White Pizza ★	Italian Dunkers ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! Served w/Deli Chips	Pasta Bar	Side Salad Broccoli Florets Red Pepper Strips Diced Pears Applesauce
		Four Cheese Calzone	★ Bacon Cheeseburger		Steamed Broccoli	
Wednesday	White Pizza ★	Corn Dogs ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! Served w/Deli Chips	Nachos Bar	Side Salad Baby Carrots Cucumbers Grapes Applesauce	
	Supreme Artisan Pizza	★ Spicy Chicken Sandwich		Corn		
Thursday	White Pizza ★	Steak n Cheese Bagel Melt ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! Served w/Deli Chips	Meatball Bowl	Side Salad Celery Sticks Grape Tomatoes Apple Slices Applesauce	
	Pepperoni Roll	★ Grilled Chicken Sandwich		Cauliflower		
Friday	Spinach & Feta Pizza ★	Fish Sandwich w/ Mac N Cheese ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! Served w/Deli Chips	Pasta Bar	Side Salad Baby Carrots Cucumbers Diced Pears Applesauce	
	Buzzer Basket	★ Hot Dog		Sliced Carrots		
Available Daily	Cheese & Pepperoni ★	Burgers ★ Chicken Sandwiches Chicken Nuggets/ Breadstick	MTO Deli MTO Panini MTO Grilled Cheese MTO Salad ★ *10" Wrap ★ *12" Wrap	Fat-Free and 1% white milk as well as Fat-Free flavored milk choices available daily!	Apples Oranges Bananas	

Additionally Served:

- Yogurt Parfaits
- Pudding Parfaits
- Wraps
- Sandwiches
- Premium Salads
- Pita/Veggie/Humus Kit

Regular Meal: \$2.45 ★

Premium Meal: \$3.70



High School Lunch Menu

Week of October 7- 11

Monday					
	Mac N Cheese Pizza Chicken Pastor Soft Tacos Boneless Wings	Farm House Sandwich Spicy Chicken Sandwich	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Iron Chef Roast Beef Potatoes Roll Seasoned Carrots	Side Salad Baby Carrots Broccoli Florets Fruit Cocktail Applesauce
	White Pizza Chicken Pastor Soft Tacos Deep Dish Pizza	Chicken Pot Pie Bacon Cheeseburger	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Pasta Bar Green Peas	Side Salad Broccoli Florets Red Pepper Strips Diced Pears Applesauce
	White Pizza Chicken Pastor Soft Tacos Cinnamon Roll Artisan Pizza	Grilled Chicken Club Melt Spicy Chicken Sandwich	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Nachos Bar Corn	Side Salad Baby Carrots Cucumbers Strawberries Applesauce
	White Pizza Chicken Pastor Soft Tacos Cheesy Breadsticks	Walking Taco Grilled Chicken Sandwich	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Waffle Bar Featuring Blueberry Waffles Baked Beans	Side Salad Celery Sticks Grape Tomatoes Apple Slices Applesauce
Friday	Mac N Cheese Pizza Chicken Pastor Soft Tacos Pretzel Nugget Bowl w/ Cheese	Pulled Pork Sliders Hot Dog	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Pasta Bar Steamed Broccoli	Side Salad Baby Carrots Cucumbers Diced Pears Applesauce
	Available Daily Cheese & Pepperoni	Burgers Chicken Sandwiches Chicken Nuggets/ Breadstick	MTO Deli MTO Panini MTO Grilled Cheese MTO Salad *10" Wrap *12" Wrap	Fat-Free and 1% white milk as well as Fat-Free flavored milk choices available daily!	Apples Oranges Bananas

Additionally Served:

- Yogurt Parfaits
- Pudding Parfaits
- Wraps
- Sandwiches
- Premium Salads
- Pita/Veggie/Humus Kit



Regular Meal: \$2.45 ★

Premium Meal: \$3.70





High School Lunch Menu

Week of October 14-18

Monday						
	Buffalo Chicken Pizza ★	Italian Dunkers ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Iron Chef Pork Carnitas Yellow Rice Seasoned Black Beans <i>Green Beans</i>	Side Salad Baby Carrots Broccoli Florets Fruit Cocktail Applesauce	
	Boneless Wings	★ <i>Spicy Chicken Sandwich</i>				
	Tuesday	White Pizza ★	Chicken Mashed Potato Bowl ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Pasta Bar <i>Sliced Carrots</i>	Side Salad Broccoli Florets Red Pepper Strips Diced Pears Applesauce
	Deep Dish Pizza	★ <i>Bacon Cheeseburger</i>				
Wednesday	White Pizza ★	General Tso's Chicken w/ Rice ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Nachos Bar <i>Corn</i>	Side Salad Baby Carrots Cucumbers Strawberries Applesauce	
Cinnamon Roll Artisan Pizza	★ <i>Spicy Chicken Sandwich</i>					
Thursday	White Pizza ★	Cheese Pizza Sticks ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Waffle Bar Featuring Chocolate Chip Waffles <i>Baked Beans</i>	Side Salad Celery Sticks Grape Tomatoes Apple Slices Applesauce	
Pepperoni Roll		<i>Grilled Chicken Sandwich</i> ★				
Friday	Buffalo Chicken Pizza ★	Quesadilla ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Pasta Bar <i>Steamed Broccoli</i>	Side Salad Baby Carrots Cucumbers Diced Pears Applesauce	
Pretzel Nugget Bowl w/ Cheese		<i>Hot Dog</i> ★				
Available Daily	Cheese & Pepperoni ★	Burgers ★ Chicken Sandwiches Chicken Nuggets/ Breadstick	MTO Deli MTO Panini MTO Grilled Cheese MTO Salad *10" Wrap ★ *12" Wrap	Fat-Free and 1% white milk as well as Fat-Free flavored milk choices available daily!	Apples Oranges Bananas	

Additionally Served:

- Yogurt Parfaits
- Pudding Parfaits
- Wraps
- Sandwiches
- Premium Salads
- Pita/Veggie/Humus Kit

Regular Meal: \$2.45 ★






Premium Meal: \$3.70





High School Lunch Menu

Week of October 21-25

Monday	 Meat Lover's Pizza ★ Boneless Wings	 Grilled Cheese w/ Tomato Soup ★ ★ <i>Spicy Chicken Sandwich</i>	 Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	 Soup Bread Bowl <i>Green Peas</i>	 Side Salad Baby Carrots Broccoli Florets Fruit Cocktail Applesauce
	Tuesday White Pizza ★ Four Cheese Calzone	Meatball Sub ★ ★ <i>Bacon Cheeseburger</i>	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Pasta Bar <i>Sliced Carrots</i>	Side Salad Broccoli Florets Red Pepper Strips Diced Pears Applesauce
Wednesday White Pizza ★ Supreme Artisan Pizza	Farm House Chicken Sandwich ★ ★ <i>Spicy Chicken Sandwich</i>	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Nachos Bar <i>Pinto Beans</i>	Side Salad Baby Carrots Cucumbers Grapes Applesauce	
Thursday	No School				
Friday	No School				
Available Daily	Cheese & Pepperoni ★	Burgers ★ Chicken Sandwiches Chicken Nuggets/ Breadstick	MTO Deli MTO Panini MTO Grilled Cheese MTO Salad *10" Wrap ★ *12" Wrap	Fat-Free and 1% white milk as well as Fat-Free flavored milk choices available daily!	Apples Oranges Bananas

Additionally Served:

- Yogurt Parfaits
- Pudding Parfaits
- Wraps
- Sandwiches
- Premium Salads
- Pita/Veggie/Humus Kit

Regular Meal: \$2.45 ★

Premium Meal: \$3.70



High School Lunch Menu

Week of October 28-November 1

Monday					
	Bacon Pizza ★	Donut Melt ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Iron Chef Glazed Ham Veggie Kabobs Hawaiian Roll <i>Green Beans</i>	Side Salad Baby Carrots Broccoli Florets Fruit Cocktail Applesauce
	Boneless Wings	★ <i>Spicy Chicken Sandwich</i>			
	White Pizza ★	Cheese Pizza Sticks ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Pasta Bar <i>Steamed Broccoli</i>	Side Salad Broccoli Florets Red Pepper Strips Diced Pears Applesauce
	Deep Dish Pizza	★ <i>Bacon Cheeseburger</i>			
Tuesday					
Wednesday	White Pizza ★	General Tso's Chicken w/ Rice ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Nachos Bar <i>Corn</i>	Side Salad Baby Carrots Cucumbers Strawberries Applesauce
	Ranch Chicken Club Artisan Pizza	★ <i>Spicy Chicken Sandwich</i>			
Thursday	White Pizza ★	Walking Taco ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Waffle Bar Featuring Birthday Cake Waffles	Side Salad Celery Sticks Grape Tomatoes Apple Slices Applesauce
	Meatball Calzone	<i>Grilled Chicken Sandwich</i> ★		<i>Black Beans</i>	
Friday	Bacon Pizza ★	Chicken Mashed Potato Bowl ★	Choose a Bread. Choose from various Meats & Cheeses. Customize it with Toppings and Sauces! <u>Served w/Deli Chips</u>	Pasta Bar <i>Seasoned Carrots</i>	Side Salad Baby Carrots Cucumbers Diced Pears Applesauce
	Pretzel Nuggets Bowl w/ Cheese	<i>Hot Dog</i> ★			
Available Daily		Burgers ★	MTO Deli	Fat-Free and 1% white milk as well as Fat-Free flavored milk choices available daily!	Apples
	Cheese & Pepperoni ★	Chicken Sandwiches	MTO Panini		Oranges
		Chicken Nuggets/ Breadstick	MTO Grilled Cheese		Bananas
			MTO Salad		
			*10" Wrap ★ *12" Wrap		

Additionally Served:

Yogurt Parfaits Sandwiches
 Pudding Parfaits Premium Salads
 Wraps Pita/Veggie/Humus Kit

Regular Meal: \$2.45 ★

Premium Meal: \$3.70