

## TRADITIONAL HIGH SCHOOL MENUS – SEPTEMBER 2017

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
|   |   |  |  | 9-1<br>Pizza Bagel Or School Spirit Ring<br>Seasonal Fresh Fruit<br><br>Buffalo Chicken Flatbread OR<br>Rib-B-Que On Bun<br>French Fries<br>Baked Beans<br>Fresh Bananas<br>Chilled Mandarin Oranges                                    |
| 9-4<br>NO SCHOOL  | 9-5<br>Belgium Waffles OR Fruit Frudel<br>Seasonal Fresh Fruit<br><br><u>Mexican Bar</u><br>Beefy Tacos OR<br>Chicken Fajitas<br>Mexican Rice<br>Fiesta Black Beans<br>Shredded Lettuce<br>Salsa<br>Chilled Diced Peaches<br>Fresh Apple              | 9-6<br>Ham & Cheese Flatbread OR Mini Donuts<br>Seasonal Fresh Fruit<br><br>Yogurt Parfait OR<br>Meatballs & Gravy w/Hot Roll<br>Chicken Nuggets w/Hot Roll<br>Seasoned Collard Greens<br>Mashed Potatoes<br>Glazed Carrots<br>Chilled Pineapple<br>Fresh Grapes               | 9-7<br>Sausage Biscuit OR Banana/Berry/Pumpkin Bread<br>Seasonal Fresh Fruit<br><br>Beef Fiestada OR<br>Spaghetti & Meat Sauce w/Breadstick<br>Seasoned Corn<br>Farm Fresh Seasoned Cabbage<br>Sourlicious Raisins<br>Fresh Melon  | 9-8<br>Mini Pancakes OR School Spirit Ring<br>Seasonal Fresh Fruit<br><br>Hot Dog On Bun w/Chili OR<br>BBQ Sandwich<br>Sweet Potato Fries<br>Baked BBQ Beans<br>Creamy Coleslaw<br>Fresh Bananas<br>Chilled Mandarin Oranges            |
| 9-11<br>Pancake/Sausage On Stick OR Cinnamon Roll<br>Seasonal Fresh Fruit<br><br>Beefy Nachos OR<br>Spicy Chicken Sandwich<br>Lettuce & Tomato<br>Corn & Tomato Salad<br>Spicy Pintos<br>Fresh Pears<br>American Hero Fruit Ice                           | 9-12<br>Chicken Biscuit OR Honey Bun<br>Seasonal Fresh Fruit<br><br><u>Breakfast for Lunch</u><br>Sausage, Egg & Cheese Biscuit OR<br>Chicken Tenders & Waffles<br>Steamed Broccoli<br>Farm Fresh Summer Squash<br>Chilled Applesauce<br>Fresh Plums  | 9-13<br>Breakfast Parfait OR Mini Donuts<br>Seasonal Fresh Fruit<br><br>Sweet Thai Chili Chicken w/Rice OR<br>Deli Turkey & Ham On Flatbread<br>California Blend Stir-Fry<br>Sweet Potato Chunks<br>Chilled Pineapple<br>Fresh Melons  | 9-14<br>Egg & Cheese Biscuit OR French Toast Sticks<br>Seasonal Fresh Fruit<br><br>Cheeseburger/Hamburger On Bun OR<br>Fish Sandwich On Bun<br>French Fries<br>Savory Carrots<br>Lettuce Leaf & Sliced Tomato<br>Chilled Diced Pears<br>Fresh Apples<br>Fresh Baked Cookie | 9-15<br>Breakfast Pizza Or School Spirit Ring<br>Seasonal Fresh Fruit<br><br>Lasagna Roll-Ups w/Breadsticks OR<br>Pork Chop On Bun<br>Mixed Garden Salad<br>Green Beans<br>Fresh Bananas<br>Chilled Mandarin Oranges                    |
| 9-18<br>Breakfast Bites OR Banana/Berry/Pumpkin Bread<br>Seasonal Fresh Fruit<br><br><u>Meat Lovers Monday</u><br>Meat Lovers Pizza OR<br>Taco Salad with Tostito Chips<br>Seasoned Corn<br>Baby Carrots w/Dip<br>Chilled Strawberries<br>Fresh Pears     | 9-19<br>Sausage Biscuit OR French Toast Sticks<br>Seasonal Fresh Fruit<br><br>Meatball Sub OR<br>Cheese Dunkers w/Mariana Sauce<br>Sweet Potato Chunks<br>Broccoli Salad<br>Chilled Pineapple<br>Fresh Peach  | 9-20<br>Egg/Cheese/Sausage Breakfast Taco OR Mini Donuts<br>Seasonal Fresh Fruit<br><br>Teriyaki Chicken w/Rice OR<br>Ham & Cheese On Ciabatta Bread<br>Stir Fry California Blend<br>Spinach & Grape Tomato Salad<br>Fruit Pearls<br>Fresh Apples                              | 9-21<br>Chicken Biscuit OR Cinnamon Roll<br>Seasonal Fresh Fruit<br><br>Corn Dog Nuggets OR<br>Salisbury Steak & Gravy w/Hot Roll<br>Mashed Potatoes<br>Green Beans<br>Chilled Mixed Fruit<br>Fresh Cantaloupe w/Blueberries   | 9-22<br>Pizza Bagel Or School Spirit Ring<br>Seasonal Fresh Fruit<br><br>Buffalo Chicken Flatbread OR<br>Rib-B-Que On Bun<br>French Fries<br>Baked Beans<br>Chilled Mandarin Oranges<br>Fresh Bananas                                   |
| 9-25<br>Belgium Waffles OR Fruit Frudel<br>Seasonal Fresh Fruit<br><br>Chicken & Rice Casserole OR<br>Carolina Burger with or without Chili<br>French Fries<br>Creamy Coleslaw<br>Sliced Onion Rings<br>Green Peas<br>Chilled Strawberries<br>Fresh Plums | 9-26<br>Egg & Cheese Biscuit OR French Toast Sticks<br>Seasonal Fresh Fruit<br><br><u>Mexican Bar</u><br>Beef Tacos OR<br>Chicken Fajitas<br>Mexican Rice<br>Fiesta Black Beans<br>Salsa<br>Shredded Lettuce<br>Chilled Diced Peaches<br>Fresh Apples | 9-27<br>Ham & Cheese Flatbread OR Mini Donuts<br>Seasonal Fresh Fruit<br><br>Yogurt Parfait OR<br>Ham & Cheese On Ciabatta Bread OR<br>Turkey & Cheese On Ciabatta Bread<br>Broccoli Salad<br>Baby Carrots w/Dip<br>Applesauce Cups<br>Fresh Pears<br><br><b>EARLY RELEASE</b> | 9-28<br>Sausage Biscuit OR Banana/Berry/Pumpkin Bread<br>Seasonal Fresh Fruit<br><br>Beef Fiestada OR<br>Spaghetti & Meat Sauce w/Breadstick<br>Seasoned Corn<br>Farm Fresh Seasoned Cabbage<br>Sourlicious Raisins<br>Fresh Melons  | 9-29<br>Mini Pancakes OR School Spirit Ring<br>Seasonal Fresh Fruit<br><br>Hot Dog and Chili OR<br>BBQ Sandwich<br>Sweet Potato Fries<br>Baked Beans<br>Creamy Coleslaw<br>Chilled Mandarin Oranges<br>Fresh Bananas<br>Chilled Pudding |

Cereal, graham crackers, juice, fruit variety are available daily for breakfast  
Check with the cafeteria for the availability of assorted muffins and toaster pastries

Flavored and unflavored skim milk is available daily for breakfast and lunch

This institution is an equal opportunity provider