

Lunch Menu

Middle School/High School June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			General Tso's Chicken* Brown Rice Steamed Broccoli Roasted Carrots	Mac and Cheese* Breadsticks Coleslaw
5	6	7	8	9
Chicken Patty Parmesan*	Chicken Quesadilla*	Rice Bowl Ground Beef, Peppers, Black Beans, Topped with Cheddar Cheese*	Fish Sticks* Mac and Cheese*	Chicken and White Bean Chipotle Frito Bowl*
Mashed Potato Roasted Broccoli	Edamame Red Peppers Strips	Roasted Cauliflower	Roasted mix Vegetables Celery Sticks	Steamed Carrots
12	13	14	15	16
Grilled Cheese on	Meatballs*	Mac and Cheese*	Brunch for Lunch	Chicken Quesadilla*
Whole Wheat*	With Spaghetti and Marinara Sauce	Whole Wheat Dinner Roll	French Toast* Egg Omelet	Brown Rice
Waffle Fries Celery Sticks	Side Salad	Roasted Broccoli Carrots	French Fries Celery Sticks	Black Beans
19	20	21	22	23
School Closed	Limited Menu	Limited Menu	Limited Menu	Early Release
JUNE TEENTH FREEDOM DAY	Andrew Control of the			HAVE A SCREAT SUMMED
26	27	28	29	30
Francis	SUMMER	Francis	SUMMER	

Offering Daily

- *ACTION STATION-Sautéed Fresh & Hot! Lo Mein Bar made to order
- *SMOOTHIE STATION- Yogurt blended with fruit and Granola on the side
- *DELI STATION Made to Order Sandwiches with Boars Head Meats
- *GOURMET PIZZA STATION_Specialty Pizzas Daily along with Cheese, Pepperoni (P)
- *Grab n Go STATION- Burgers & Chicken Sandwiches on a Bun
- *SALAD STATION- choice of various offerings with Dinner Rolls
- *DAILY VEGETABLES-Carrot Sticks and Cucumber Coins offered daily

All Meals include: Entrée, 1 cup of Vegetables, Bread/Grain (All grains served are whole grain), Fresh Fruit (choice of apples, oranges or bananas) and a choice of Milk (Fat Free White, Chocolate or 1% Milk, No rBST and No Artificial Hormones)

Breakfast menu: Omelets Made To Order, Egg Sandwiches, Bagels, Cold Cereal, Muffins and More! **Breakfast is available 7:30 am to 9:30 am daily**

<u>Click here</u> to see the Selection of Ala carte healthy Snacks and beverages with prices. These items require payment at the register or funds on account with MySchoolBucks.

