

9-12 Grades | LUNCH Menu | August 2021 |



Monday	Tuesday	Wednesday	Thursday	Friday
Monday, 2nd Crispy Chicken Tenders – Roll OR Baked Ham Slice – Roll Fluffy Whipped Potatoes Seasoned Green Beans Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)	Tuesday, 3rd Mini Corndogs OR Pepperoni & Cheese Calzone Seasoned Whole Kernel Corn Celery Sticks with Ranch Dip Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)	Wednesday, 4th Beefy Nachoes OR Grilled Chicken Fajita Wrap Shredded Lettuce / Cheese / Salsa Seasoned Pinto Beans Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)	Thursday, 5th Mozzarella Dippers - Marinara Sauce OR Poppy Seed Chicken – Roll Steamed Broccoli Cucumber Slices & Cherry Tomatoes Fruit Choices Low-Fat and Skim Milk Varieties (8 oz) Cookie Treat with meal tray	Friday, 6th Juicy Flame-Broiled Burger – Bun OR Breaded Chicken Fillet – Bun Lettuce / Tomato / Pickle Crinkle Cut Potato Fries Southern Baked Beans Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)
Monday, 9th Roasted Hot Dog w/ Bun OR Chili Pie with Cheese & Corn Chips Seasoned Pinto Beans Buttery Whole Kernel Corn Fruit Choices Low -Fat and Skim Milk Varieties (8 oz)	Tuesday, 10th Deli Turkey & Cheese on Croissant OR Hot Ham and Cheese on Bun Seasoned Potato Wedges Broccoli Florets with Ranch Dip Fruit Choices Low-Fat and Skim Milk Varieties (8 oz) Cookie Treat with meal tray	Wednesday, 11th Spaghetti & Meat Sauce – Roll OR Italian Pizza Slice Seasoned Green Beans Savory Cooked Carrots Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)	Thursday, 12th Country Fried Steak and Gravy – Roll OR Popcorn Chicken – Roll Fluffy Whipped Potatoes Seasoned Green Peas Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)	Friday, 13th Juicy Flame-Broiled Burger – Bun OR Breaded Chicken Fillet – Bun Lettuce / Tomato / Pickle Crinkle Cut Potato Fries Southern Baked Beans Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)
Monday, 16th Cafeteria Manager's Choice	Tuesday, 17th Chicken Nuggets – Roll OR Homestyle Meat Loaf – Roll Fluffy Whipped Potatoes Country Blackeye Peas Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)	Wednesday, 18th Toasted Cheese Sandwich OR Tuna Salad on Croissant Sweet Potato Waffle Cut Fries Broccoli Florets with Ranch Dip Fruit Choices Low-Fat and Skim Milk Varieties (8 oz) Cookie Treat with meal tray	Thursday, 19th Chicken Tetrazzini – Roll OR Italian Pizza Slice Seasoned Green Beans Savory Cooked Carrots Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)	Friday, 20th Juicy Flame-Broiled Burger – Bun OR Breaded Chicken Fillet – Bun Lettuce / Tomato / Pickle Crinkle Cut Potato Fries Southern Baked Beans Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)
Monday, 23rd Crispy Chicken Tenders – Roll OR Baked Ham Slice – Roll Fluffy Whipped Potatoes Seasoned Green Beans Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)	Tuesday, 24th Mini Corndogs OR Pepperoni & Cheese Calzone Seasoned Whole Kernel Corn Celery Sticks with Ranch Dip Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)	Wednesday, 25th Beefy Nachoes OR Grilled Chicken Fajita Wrap Shredded Lettuce / Cheese / Salsa Seasoned Pinto Beans Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)	Thursday, 26th Mozzarella Dippers - Marinara Sauce OR Poppy Seed Chicken – Roll Steamed Broccoli Cucumber Slices & Cherry Tomatoes Fruit Choices Low-Fat and Skim Milk Varieties (8 oz) Cookie Treat with meal tray	Friday, 27th Juicy Flame-Broiled Burger – Bun OR Breaded Chicken Fillet – Bun Lettuce / Tomato / Pickle Crinkle Cut Potato Fries Southern Baked Beans Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)
Monday, 30th Roasted Hot Dog w/ Bun OR Chili Pie with Cheese & Corn Chips Seasoned Pinto Beans Buttery Whole Kernel Corn Fruit Choices Low -Fat and Skim Milk Varieties (8 oz)	Tuesday, 31st Deli Turkey & Cheese on Croissant OR Hot Ham and Cheese on Bun Seasoned Potato Wedges Broccoli Florets with Ranch Dip Fruit Choices Low-Fat and Skim Milk Varieties (8 oz) Cookie Treat with meal tray		USDA 9-12 Meal Requirements 2 oz serving of meat/protein 2 oz serving of whole grain 1 cup serving of fruit 1 cup serving of vegetable 1 (8 oz) serving of fluid milk OFFER VS SERVE >>> Pick ALL 5 or only 3 different items – 1 item needs to be a at least ½ cup serving of fruit or vegetable	Additional Choices Offered Daily: Side salads, pizza slices, french fries, burgers and more.....Come visit the school cafeteria.