



4 Day High School Dish Up Lunch Menu

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You may pay for meals online at no extra cost, by visiting www.MySchoolBucks.com. Menu Subject to Change.

V = Meatless Option



Our milk varieties include 1% low fat & fat-free choices.



Nutritious seasonal fresh & cupped fruit served daily.



We offer a variety of vitamin and mineral rich vegetables.



We use heart healthy whole grain breads and rice.



All Menus are subject to change.



MONDAY	"TASTE IT" TUESDAY	"WELLNESS" WEDNESDAY	THURSDAY	FRIDAY
	1 Cheeseburger Sliders or Grilled Cheese Sandwich V Campfire Baked Beans ½ cup Green Beans ¾ cup Craisins and/or 100% Fruit Juice Colby Jack Cheese Stick Milk	2 Crispy Chicken Filet Sandwich w/bun or Bean & Cheese Burrito V Baby Carrots w/Ranch Peach Cup and/or Raisels Milk	3 Cheese Pizza V or Grilled Cheese Sandwich V Green Salad w/Ranch Apple Slices and/or 100% Fruit Juice String Cheese Milk	
7 Crispy Chicken Sandwich w/bun or Bean & Cheese Burrito V Baked Fries ½ cup Carrot Coins 1 cup Pineapple and/or Applesauce Milk	8 BBQ Pulled Pork Sandwich w/bun or Grilled Cheese Sandwich V Fiesta Beans ½ cup Sweet Corn ½ cup Raisels and/or 100% Fruit Juice String Cheese Milk	9 Chef's Pick of the Day! or Hamburger w/bun Bean & Cheese Burrito V Green Beans ¾ cup Creamy Mashed Potatoes ½ cup Craisins and/or Peaches Celebration Cookie Milk	10 Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V Green Salad w/Ranch Colby Jack Cheese Stick Mixed Fruit and/or 100% Fruit Juice Milk	
14 Chicken Nuggets or Bean & Cheese Burrito V Baked Fries ½ cup Fiesta Beans ½ cup Raisels and/or Mixed Fruit Cup Goldfish Crackers Milk	15 Chef's Pick of the Day! or Cheeseburger w/bun Grilled Cheese Sandwich V Baby Carrots w/Ranch Pears and/or 100% Fruit Juice Yogurt Milk	16 Hot Ham & Cheese Sandwich w/bun or Bean & Cheese Burrito V Green Beans 1 cup Pineapple and/or Raisels Smoked Turkey Stick Flamin' Hot Cheetos Milk	17 Cheese Pizza or Grilled Cheese Sandwich V Green Salad w/Ranch Apple Slices and/or 100% Fruit Juice String Cheese Milk	
21 Breaded Chicken Drumstick (2 each) & Dinner Roll or Bean & Cheese Burrito V Creamy Mashed Potatoes ½ cup Campfire Baked Beans ½ cup Peach Cup and/or Raisels Milk	22 Chicken Tenders (6 piece) or Grilled Cheese Sandwich V Baby Carrots w/Ranch Pineapples and/or 100% Fruit Juice Cheesy Breadstick Milk	23 Hamburger w/bun or Bean & Cheese Burrito V Green Beans 1 cup Peaches and/or Craisins Goldfish Crackers Milk	24 Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V Green Salad w/Ranch Apple Slices and/or 100% Fruit Juice Colby Jack Cheese Stick Tortilla chips Milk	



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