

August-September 2023



High School Lunch

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk

Weekly Vegetable Subgroups
May Include:
Dark Green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy - potatoes, corn, peas & lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections
May Include:
Oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home
Daily entrée options may include:
Cheese Burger on a Bun
Chicken Patty on a Bun
Cheese or Pepperoni Pizza
Specialty Pizza

Chef Fresh
Assorted Salads, Sandwiches, Wraps and Hoagies available as grab and go options.


To add funds to your child's account, please visit:
SCHOOLCAFE.COM

****Menu subject to change due to product availability****

Lunch Prices
Student \$2.80
Reduced \$.00
Adult \$4.00

General Manager
Tracy Drank
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday 8/24/23	Friday 8/25/23
			Chicken Parmesan over Garlic Pasta <u>Featured Veggies:</u> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	Sesame Chicken Steamed Rice <u>Featured Veggies:</u> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk
8/28/23 Chicken Fingers with Biscuits & Gravy <u>Featured Veggies:</u> Mashed Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	8/29/23 Walking Tacos Topping Bar <u>Featured Veggies:</u> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	8/30/23 Italian Dunkers Marinara Sauce <u>Featured Veggies:</u> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	8/31/23 Texas Toast Grilled Cheese Tomato Soup <u>Featured Veggies:</u> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	9/1/23 Macaroni & Cheese Stewed Tomatoes Dinner Roll <u>Featured Veggies:</u> Steamed Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
9/4/23 NO SCHOOL LABOR DAY	9/5/23 Taco Bowl Beef or Chicken Steamed Rice Topping Bar <u>Featured Veggies:</u> Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	9/6/23 Breakfast for Lunch French Toast Sticks Sausage & Eggs <u>Featured Veggies:</u> Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk	9/7/23 All Beef Hot Dog Topping Bar Chilli & Cheese Sauce <u>Featured Veggies:</u> Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	9/8/23 Buffalo Chicken Dip with Tortilla Chips <u>Featured Veggies:</u> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk
9/11/23 General Tso Chicken Steamed Rice <u>Featured Veggies:</u> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	9/12/23 Nacho Grande with Tortilla Chips Beef or Chicken <u>Featured Veggies:</u> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	9/13/23 Cheese Ravioli Marinara Sauce <u>Featured Veggies:</u> Steamed Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	9/14/23 Mashed Potato Bowl Popcorn Chicken, Corn, Gravy & Cheese <u>Featured Veggies:</u> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	9/15/23 ACT 80 1/2 DAY Breakfast Only
9/18/23 Beef or Chicken Cheesesteak Peppers & Onions <u>Featured Veggies:</u> Baked French Fries Fresh Vegetables Choice of Fruit Choice of Milk	9/19/23 Walking Tacos Topping Bar <u>Featured Veggies:</u> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	9/20/23 Cheese Filled Breadsticks with Marinara <u>Featured Veggies:</u> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	9/21/23 Bruschetta Chicken over Garlic Pasta <u>Featured Veggies:</u> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	9/22/23 BBQ Rib Sandwich on a Club Roll <u>Featured Veggies:</u> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
9/25/23  Chicken & Waffles Side Syrup <u>Featured Veggies:</u> Mashed Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	9/26/23 Taco Bowl Beef or Chicken Steamed Rice Topping Bar <u>Featured Veggies:</u> Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	9/27/23 Chicken & Vegetable Lo Mein <u>Featured Veggies:</u> Stiry Fry Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	9/28/23 Texas Toast Grilled Cheese Tomato Soup <u>Featured Veggies:</u> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	9/29/23 ACT 80 1/2 DAY Breakfast Only