



# SHAWNEE MISSION

SCHOOL DISTRICT

## High School Lunch Menu Grab 'n Go Lunch 2018-2019



Highlighted items are available at other serving locations.

Served Week of:	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
8/13/2018	<b>Mom's Kitchen</b> 	Spicy Popcorn Chicken with Roll *	French Toast Sticks with Sausage	Chicken Nuggets with Roll *	Chicken Burrito	Mozzarella Sticks
8/27/2018		Chili with Scoops	Sweet & Sour Chicken with Rice	Shrimp Poppers & Cheese with Roll *	General TSO's Chicken with Rice	Honey Sriracha Chicken with Garlic Toast
9/10/2018	<b>Sandwich Station</b> 	Spicy Chicken Sandwich	Chicken Sandwich	Cheeseburger	Chicken Sandwich	Fish Sandwich
9/24/2018		Pork Tenderloin Sandwich	Meatball Sandwich	Cheesesteak Sandwich	Cheeseburger	BBQ Rib Sandwich
10/8/2018			BBQ Pork Sandwich	Spicy Chicken Sandwich	Veggie Burger	Chicken Sandwich
10/22/2018	<b>Cold Power</b> 	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich
11/5/2018		Crunchy Chicken Wrap	Crunchy Chicken Wrap	Crunchy Chicken Wrap	Crunchy Chicken Wrap	Crunchy Chicken Wrap
11/26/2018		Chef Salad with Roll *	Garden Chicken Salad with Roll *	Chef Salad with Roll *	Garden Chicken Salad with Roll *	Chef Salad with Roll *
12/10/2018		PBJ Sandwich	PBJ Sandwich	PBJ Sandwich	PBJ Sandwich	PBJ Sandwich
		Hummus & Pretzels	Hummus & Pretzels	Hummus & Pretzels	Hummus & Pretzels	Hummus & Pretzels
		Yogurt Parfait with Granola	Yogurt Parfait with Granola	Yogurt Parfait with Granola	Yogurt Parfait with Granola	Yogurt Parfait with Granola
	<b>Carb Station</b> <b>Build Your Own</b> 	Build Your Own Cheeseburger Veggie Burger Hot Dog	Build Your Own Deli Sandwich with Turkey, Ham or Roast Beef	Build Your Own Potato Bar with Cheese or BBQ Pork Specialty Bread	Build Your Own Pasta Bar Meatballs or Chicken Marinara or White Sauce Garlic Toast	Build Your Own Taco or Nachos Beef or Chicken Soft Shell or Walking Taco
	<b>Finger Foods</b> 	Pizza Nachos Nacho Grande Chicken Fingers Pizza Hut Pizza	Pizza Nachos Nacho Grande Chicken Fingers Pizza Hut Pizza	Pizza Nachos Nacho Grande Chicken Fingers Pizza Hut Pizza	Pizza Nachos Nacho Grande Chicken Fingers Pizza Hut Pizza	Pizza Nachos Nacho Grande Chicken Fingers Pizza Hut Pizza
<b>High School Lunch Prices:</b>  Paid Student \$2.80 Reduced Student \$0.40 Free Student \$0.00 Adult \$3.70 Visitor \$4.05   Eat fruits & veggies at meals & for snacks	<b>Served with:</b> Scalloped Potatoes * Seasoned Fries Baked Beans * Corn Fresh Fruit Fresh Baby Carrots Fresh Celery Fresh Cucumbers Rosy Applesauce Romaine Lettuce Fresh Tomato 100% Juice Milk	<b>Served with:</b> Oven Potatoes Edamame Cinnamon Apples Chilled Pears Fresh Fruit Fresh Baby Carrots Fresh Broccoli Fresh Cauliflower Romaine Lettuce Fresh Tomato 100% Juice Milk	<b>Served with:</b> Mashed Potato w/ Chicken Gravy * Seasoned Fries Steamed Broccoli Cinnamon Roll * Fresh Fruit Chilled Fruit Cocktail Fresh Baby Carrots Mandarin Oranges Fresh Zucchini Romaine Lettuce Fresh Tomato 100% Juice Milk	<b>Served with:</b> Potato Smiles Stir Fry Vegetables Chilled Edamame Chilled Pineapple Fresh Fruit Fresh Baby Carrots Fresh Grapes Fresh Red Peppers Frozen Fruit Cup Romaine Lettuce Fresh Tomato 100% Juice Milk	<b>Served with:</b> Seasoned Fries Tater Tots Cauliflower & Cheese Chocolate Chip Cookie Fresh Fruit Chilled Peaches Fresh Baby Carrots Fresh Apple Slices Black Bean & Corn Salsa Romaine Lettuce Fresh Tomato 100% Juice Milk	

Menu subject to change due to availability.

\*These items are only available with a school meal and cannot be purchased a la carte.  
This institution is an equal opportunity provider.



# SHAWNEE MISSION

SCHOOL DISTRICT

## High School Lunch Menu Grab 'n Go Lunch 2018-2019



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Served Week of:	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
8/20/2018	<b>Mom's Kitchen</b> 	Dill Chicken with Roll Macaroni & Cheese with Roll *	Chicken & Waffles Corn Dog	Popcorn Chicken with Roll * Chicken Chow Mein	Chicken Strips with Roll * Country Fried Steak with Roll *	Mandarin Orange Chicken with Rice Cheese Lasagna with Garlic Toast
9/3/2018						
9/17/2018	<b>Sandwich Station</b> 	Chicken Sandwich Spicy Chicken Sandwich	Chicken Sandwich Meatball Sandwich BBQ Pork Sandwich	Cheeseburger Cheesesteak Sandwich Spicy Chicken Sandwich	Chicken Sandwich Cheeseburger Veggie Burger	Fish Sandwich BBQ Rib Sandwich Chicken Sandwich
10/1/2018						
10/15/2018	<b>Cold Power</b> 	Deli Sandwich Crunchy Chicken Wrap Chef Salad  with Roll *	Deli Sandwich Crunchy Chicken Wrap Garden Chicken Salad with Roll *	Deli Sandwich Crunchy Chicken Wrap Chef Salad  with Roll *	Deli Sandwich Crunchy Chicken Wrap Garden Chicken Salad with Roll *	Deli Sandwich Crunchy Chicken Wrap Chef Salad  with Roll *
10/29/2018						
11/12/2018		PBJ Sandwich Hummus & Pretzels	PBJ Sandwich Hummus & Pretzels	PBJ Sandwich Hummus & Pretzels	PBJ Sandwich Hummus & Pretzels	PBJ Sandwich Hummus & Pretzels
12/3/2018						
12/17/2018		Yogurt Parfait with Granola	Yogurt Parfait with Granola	Yogurt Parfait with Granola	Yogurt Parfait with Granola	Yogurt Parfait with Granola
	<b>Carb Station</b> <b>Build Your Own</b> 	Build Your Own Cheeseburger Veggie Burger Hot Dog	Build Your Own Deli Sandwich with Turkey, Ham or Roast Beef	Build Your Own Potato Bar with Cheese or BBQ Pork Specialty Bread	Build Your Own Pasta Bar Meatballs or Chicken Marinara or White Sauce Garlic Toast	Build Your Own Taco or Nachos Beef or Chicken Soft Shell or Walking Taco
	<b>Finger Foods</b> 	Pizza Nachos Nacho Grande Chicken Fingers Pizza Hut Pizza	Pizza Nachos Nacho Grande Chicken Fingers Pizza Hut Pizza	Pizza Nachos Nacho Grande Chicken Fingers Pizza Hut Pizza	Pizza Nachos Nacho Grande Chicken Fingers Pizza Hut Pizza	Pizza Nachos Nacho Grande Chicken Fingers Pizza Hut Pizza
<b>High School Lunch Prices:</b>  Paid Student \$2.80 Reduced Student \$0.40 Free Student \$0.00 Adult \$3.70 Visitor \$4.05   Fuel up with foods from each food group	<b>Served with:</b> Tater Tots Seasoned Fries Glazed Carrots Chilled Pears Fresh Orange Wedges Fresh Fruit Fresh Baby Carrots Fresh Cauliflower Fresh Cherry Tomatoes Romaine Lettuce Fresh Tomato 100% Juice Milk	<b>Served with:</b> Oven Potatoes Potato Smiles Green Beans Chocolate Cake * Chilled Peaches Fresh Fruit Mixed Berries Fresh Baby Carrots Fresh Broccoli Romaine Lettuce Fresh Tomato 100% Juice Milk	<b>Served with:</b> Seasoned Fries Steamed Broccoli Fresh Green Pepper Chilled Pineapple Fresh Fruit Fresh Baby Carrots Fresh Cucumbers Fresh Grapes Romaine Lettuce Fresh Tomato 100% Juice Milk	<b>Served with:</b> Mashed Potato w/ Country Gravy * Tater Tots Roasted Vegetables Chilled Fruit Cocktail Fresh Apple Slices Fresh Fruit Fresh Baby Carrots Frozen Mangoes Romaine Lettuce Fresh Tomato 100% Juice Milk 100% Juice Milk	<b>Served with:</b> Seasoned Fries Black Beans Sugar Cookie Chilled Mandarin Oranges Fresh Fruit Fresh Banana Fresh Baby Carrots Fresh Celery Romaine Lettuce Fresh Tomato 100% Juice Milk	

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