### High School Lunch Menu

**Monday**
- Popcorn Chicken with Potatoes
- Jamaican Jerk Chicken/ Tofu with Rice and Veggies
- Ham & Swiss Sandwich with Coleslaw

**Tuesday**
- Yogurt Smoothie Bowl with Fresh Fruit (HM/SC/V)
- Grilled Cheese Sandwich with Potatoes
- Beef Rib B Que Sandwich with Potatoes

**Wednesday**
- Banh Mi Chicken Sandwich (HM/SC) / Banh Mi Tofu Sandwich (HM/SC) (V)
- Hummus Box with Fresh Vegetables (HM/SC) (V)
- 100% All Beef Burger w/ Slaw and Potatoes (HM/SC)

**Thursday**
- Gen Tsao’s Chicken / Tofu & Vegetables (HM/SC)
- Mango, Quinoa Salad Bowl (HM/SC/V/E)
- Spicy Chicken Patty with Potatoes

**Friday**
- Bosco Sticks w/ Marinara Sauce
- Chicken Drumstick w/ Biscuit
- Tuna Sandwich with Fresh Fruit

**All Entrees are Offered with Fresh Fruits & Fresh Vegetables as well as 1% White Milk & Nonfat Chocolate Milk**

**Monday**
- Beef Chili w/ Biscuit (HM/SC)
- Vegetable Chili w/ Biscuit (HM/SC/V)
- Turkey Ham & Swiss Sandwich with Fresh Fruit and Chips (HM/SC)
- Cheese Burger Twins with Potatoes

**Tuesday**
- Chicken Quesadilla (HM/SC)
- Cheese Quesadilla (HM/SC/V)
- Fiesta Chicken Wrap (HM/SC)
- True Nature’s Grilled Bean & Cheese Burrito with Tortilla Chips (V)

**Wednesday**
- Chicken Posole with Tortilla Chips (HM/SC)
- Cheese & Fruit Box (HM/SC)
- Beef Hot Dogs with Potatoes

**Thursday**
- Beef/Chicken/Vegetables Soft Tacos with Salsa (HM/SC)
- Fiesta Chopped Salad (HM/SC/V/E)
- Corn Dog w/ Fries

**Friday**
- Bosco Sticks w/ Marinara Sauce
- Chicken Drumstick w/ Biscuit
- Tuna Sandwich with Fresh Fruit

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# HIGH SCHOOL LUNCH MENU

**MONDAY**

- **Meal Requirements**
  - Must select at least 3 of the 5 offered components: Meat/Meat Alternative, Grain, Veggie, Fruit, Milk
  - One Selection Must Be A 1/2 Cup Of Fruit Or Veggie!

- **Popcorn Chicken with Potatoes**
- **Mac & Cheese with Broccoli (V)**
- **Ham & Swiss Sandwich with Coleslaw**

**TUESDAY**

- **YOGURT SMOOTHIE BOWL WITH FRESH FRUIT (HM/SC)(V)**
- **GRILLED CHEESE SANDWICH WITH POTATOES(V)**
- **Beef Rib B Que Sandwich with Potatoes**

**WEDNESDAY**

- **Banh Mi Chicken Sandwich (HM/SC) or**
- **Banh Mi Tofu Sandwich (HM/SC) (V)**
- **HUMMUS BOX WITH FRESH VEGETABLES (HM/SC) (V)**
- **100% All beef Burger w/ Slaw and Potatoes (HM/SC)**

**THURSDAY**

- **Gen Tsao’s Chicken & Vegetables (HM/SC)**
- **Gen Tsao’s Tofu & Vegetables (HM/SC) (V)**
- **Over Steamed Rice**
- **Caesar Salad with Cheese Stick & WG Roll**

**FRIDAY**

- **Quinoa Bowl with Meatballs Tuscan & side of Broccoli (HM/SC) or**
- **Quinoa with Garbanzo Tuscan Sauce & sides of Broccoli (HM/SC/V)**
- **NEW YORK PIZZA**
- **Pepperoni Cheese (V) Hawaiian**

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**ALL ENTREES ARE OFFERED WITH FRESH FRUIT & FRESH VEGETABLES AS WELL AS 1% WHITE MILK & NONFAT CHOCOLATE MILK**

**MONDAY**

- **Holiday No School**

**TUESDAY**

- **YOGURT SMOOTHIE BOWL WITH FRESH FRUIT (HM/SC)(V)**
- **GRILLED CHEESE SANDWICH WITH POTATOES (V)**
- **Beef Rib B Que Sandwich with Potatoes**

**WEDNESDAY**

- **Banh Mi with Chicken (HM/SC) or**
- **Banh Mi with Tofu (HM/SC) (V)**
- **HUMMUS BOX WITH FRESH VEGETABLES (HM/SC) (V)**
- **100% All beef Burger w/ Slaw and Potatoes (HM/SC)**

**THURSDAY**

- **Gen Tsao’s Chicken and Vegetables (HM/SC)**
- **Gen Tsao’s Tofu and Vegetables (HM/SC) or**
- **Caesar Salad with Cheese Stick & WG Roll**
- **Caesar Salad with Cheese Stick & WG Roll**

**FRIDAY**

- **Quinoa Bowl with Meatballs Tuscan & side of Broccoli (HM/SC) or**
- **Quinoa with Garbanzo Tuscan Sauce & sides of Broccoli (HM/SC/V)**
- **NEW YORK PIZZA**
- **Pepperoni Cheese (V) Hawaiian**

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