



POWERUP!

POWER YOUR PERFORMANCE TIP

Similar to the way a car need gas or electricity to run, our bodies need fuel to perform. Eating healthy fuel from fruit, vegetables, lean proteins, and whole grains will help you compete both physically and mentally.

Secondary Daily Menu Options

September 2 - 6

Student Lunch Price: \$3.00

Reduced Lunch Price: \$.40

Premium \$3.50

Adult Lunch \$5.00

Ala Carte Milk Price: \$.50

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
	Chicken Nuggets	Brunch For Lunch!	Hot Dog	Nacho
	French Fries	French Toast	WG Bun	Taco meat, lettuce, tomato, salsa & sour cream
		Scrambled Eggs & Sausage	Cheese Fries	Cheese
	Apple Sauce	Warm Cinnamon Apples	Coleslaw	Mexican Style Black Beans
2.Mato				
Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza
Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
Grilled				
Crispy Chicken Patty Sandwich	Crispy Chicken Patty Sandwich	Crispy Chicken Patty Sandwich	Crispy Chicken Patty Sandwich	Crispy Chicken Patty Sandwich
Classic American Cheeseburger	Classic American Cheeseburger	Classic American Cheeseburger	Classic American Cheeseburger	Classic American Cheeseburger
So Deli				
<i>Everyday: Made to Order Sandwich and Salad with Your Choice of Assorted Deli Meats, Cheeses, and Toppings On Your Choice Of Homemade Sub Bun or Wrap</i>				
On The Go				
Ham & Cheese Sandwich	Ham & Cheese Sandwich	Ham & Cheese Sandwich	Ham & Cheese Sandwich	Ham & Cheese Sandwich
Turkey & Cheese Sandwich	Turkey & Cheese Sandwich	Turkey & Cheese Sandwich	Turkey & Cheese Sandwich	Turkey & Cheese Sandwich
Garden Salad w/Dinner Rolls	Garden Salad w/Dinner Rolls	Garden Salad w/Dinner Rolls	Garden Salad w/Dinner Rolls	Garden Salad w/Dinner Rolls
Extra Extra - Included with every meal option				
Fresh Ceasar Salad	Romaine Tossed Salad	Romaine Tossed Salad	Fresh Ceasar Salad	Romaine Tossed Salad
Carrots & Celery	Cucumber Slices	Cheddar Bacon Pea Salad	Chilled Grabanzo Beans	Cucumber Slices
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit

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Secondary Daily Menu Options

September 9 - 13

Student Lunch Price: \$3.00

Reduced Lunch Price: \$.40

Premium \$3.50

Adult Lunch \$5.00

Ala Carte Milk Price: \$.50

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Mini Corn Dogs French Fries Warm Peaches	Soft Tacos Warm tortilla filled with seasoned taco meat. Mexican Style Refried Beans Lettuce & Tomato	Boneless Buffalo Wings Breaded boneless buffalo wings. Tortilla Chips & Salsa Celery	Cheese Quesadillas Mexican Style Corn Pico de Gallo Fresh Fruit	Breakfast for Lunch Pancakes Eggs & Sausage Warm Strawberry Topping
2.Mato				
Classic Cheese Pizza Pepperoni Pizza	Classic Cheese Pizza Pepperoni Pizza	Classic Cheese Pizza Pepperoni Pizza	Classic Cheese Pizza Pepperoni Pizza	Classic Cheese Pizza Pepperoni Pizza
Grilled				
Crispy Chicken Patty Sandwich Classic American Cheeseburger	Spicy Chicken Patty Sandwich Classic American Cheeseburger	Crispy Chicken Patty Sandwich Classic American Cheeseburger	Spicy Chicken Patty Sandwich Classic American Cheeseburger	Crispy Chicken Patty Sandwich Classic American Cheeseburger
So Deli				
<i>Everyday: Made to Order Sandwich and Salad with Your Choice of Assorted Deli Meats, Cheeses, and Toppings On Your Choice Of Homemade Sub Bun or Wrap</i>				
On The Go				
Ham & Cheese Sandwich Turkey & Cheese Sandwich Garden Salad w/Dinner Rolls	Ham & Cheese Sandwich Turkey & Cheese Sandwich Garden Salad w/Dinner Rolls	Ham & Cheese Sandwich Turkey & Cheese Sandwich Garden Salad w/Dinner Rolls	Ham & Cheese Sandwich Turkey & Cheese Sandwich Garden Salad w/Dinner Rolls	Ham & Cheese Sandwich Turkey & Cheese Sandwich Garden Salad w/Dinner Rolls
Extra Extra - Included with every meal option				
Fresh Caesar Salad Carrots & Celery Assorted Fresh Fruit Assorted Chilled Fruit	Romaine Tossed Salad Cucumber Slices Assorted Fresh Fruit Assorted Chilled Fruit	Romaine Tossed Salad Cheddar Bacon Pea Salad Assorted Fresh Fruit Assorted Chilled Fruit	Fresh Caesar Salad Chilled Garbanzo Beans Assorted Fresh Fruit Assorted Chilled Fruit	Romaine Tossed Salad Cucumber Slices Assorted Fresh Fruit Assorted Chilled Fruit

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Secondary Daily Menu Options

September 16 - 20

Student Lunch Price: \$3.00		Reduced Lunch Price: \$.40		Premium \$3.50		Adult Lunch \$5.00		Ala Carte Milk Price: \$.50	
Monday	Tuesday	Wednesday	Thursday	Friday					
Create									
Summer BBQ <i>Ribby-Q WG Bun</i> Potato Salad Corn on the Cob	Chicken & Waffle Sandwich <i>Crispy Chicken Patty on Warm Waffles</i> Apple Crisp Roasted Carrots	I LOVE PASTA! <i>Pasta blended with a thick and rich sauce & meatballs. That's Amore!</i> Garlic Bread Seasoned Green Beans	Popcorn Chicken Bowl <i>Popcorn Chicken, Corn Bread</i> Mashed Potatoes Seasoned Corn Dinner Roll	Carnitas Pork Nachos <i>Crisp tortilla chips topped with seasoned pork.</i> Mexican Style Refried Beans Roasted Tomato Salsa					
2.Mato									
Classic Cheese Pizza Pepperoni Pizza	Classic Cheese Pizza Pepperoni Pizza	Classic Cheese Pizza Pepperoni Pizza	Classic Cheese Pizza Pepperoni Pizza	Classic Cheese Pizza Pepperoni Pizza					
Grilled									
Crispy Chicken Patty Sandwich Ham & Cheese on Pretzel Roll	Spicy Chicken Patty Sandwich Classic American Cheeseburger	Crispy Chicken Patty Sandwich Bosco's	Spicy Chicken Patty Sandwich Classic American Cheeseburger	Crispy Chicken Patty Sandwich Ham & Cheese on Pretzel Roll					
So Deli									
<i>Everyday: Made to Order Sandwich and Salad with Your Choice of Assorted Deli Meats, Cheeses, and Toppings On Your Choice Of Homemade Sub Bun or Wrap</i>									
On The Go									
Ham or Turkey w/Cheese Sandwich Strawberry Parfait Garden Salad w/Dinner Rolls	Ham or Turkey w/Cheese Sandwich Ham Chef Salad w/Rolls Garden Salad w/Dinner Rolls	Ham or Turkey w/Cheese Sandwich Ham Chef Salad w/Rolls Garden Salad w/Dinner Rolls	Ham or Turkey w/Cheese Sandwich Strawberry Parfait Garden Salad w/Dinner Rolls	Ham or Turkey w/Cheese Sandwich Ham Chef Salad w/Rolls Garden Salad w/Dinner Rolls					
Extra Extra - Included with every meal option									
<i>Fresh Ceasar Salad</i> <i>Carrots & Celery</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i>	<i>Romaine Tossed Salad</i> <i>Cucumber Slices</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i>	<i>Romaine Tossed Salad</i> <i>Cheddar Bacon Pea Salad</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i>	<i>Fresh Ceasar Salad</i> <i>Chilled Grabanzo Beans</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i>	<i>Romaine Tossed Salad</i> <i>Cucumber Slices</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i>					

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Secondary Daily Menu Option

September 23 - 27

Student Lunch Price: \$3.00 Reduced Lunch Price: \$.40 Premium \$3.50 Adult Lunch \$5.00 Ala Carte Milk Price: \$.50

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Monday Fun Day <i>Corn Dog</i> French Fries Tossed Salad	Burrito <i>Tortilla filled with beef & cheese and baked.</i> Refried Beans Mexican Rice	Boneless Buffalo Wings <i>Breaded boneless buffalo wings.</i> Tortilla Chips & Salsa Celery	Brunch For Lunch! French Toast Scrambled Eggs & Sausage Hash Browns Warm Cinnamon Apples	Buffalo Chicken Dip <i>Creamy & Cheesy dip with a little spice.</i> Flatbread Sliced Cucumbers
2.Mato				
Classic Cheese Pizza Pepperoni Pizza	Classic Cheese Pizza Pepperoni Pizza	Classic Cheese Pizza Pepperoni Pizza	Classic Cheese Pizza Pepperoni Pizza	Classic Cheese Pizza Pepperoni Pizza
Grilled				
Crispy Chicken Patty Sandwich Ham & Cheese on Pretzel Roll	Spicy Chicken Patty Sandwich Classic American Cheeseburger	Crispy Chicken Patty Sandwich Bosco's	Spicy Chicken Patty Sandwich Classic American Cheeseburger	Crispy Chicken Patty Sandwich Ham & Cheese on Pretzel Roll
So Deli				
<i>Everyday: Made to Order Sandwich and Salad with Your Choice of Assorted Deli Meats, Cheeses, and Toppings On Your Choice Of Homemade Sub Bun or Wrap</i>				
On The Go				
Ham or Turkey w/Cheese Sandwich Blueberry Parfait Garden Salad w/Dinner Rolls	Ham or Turkey w/Cheese Sandwich Turkey Chef Salad w/Rolls Garden Salad w/Dinner Rolls	Ham or Turkey w/Cheese Sandwich Turkey Chef Salad w/Rolls Garden Salad w/Dinner Rolls	Ham or Turkey w/Cheese Sandwich Blueberry Parfait Garden Salad w/Dinner Rolls	Ham or Turkey w/Cheese Sandwich Turkey Chef Salad w/Rolls Garden Salad w/Dinner Rolls
Extra Extra - Included with every meal option				
<i>Fresh Ceasar Salad</i> <i>Carrots & Celery</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i>	<i>Romaine Tossed Salad</i> <i>Cucumber Slices</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i>	<i>Romaine Tossed Salad</i> <i>Cheddar Bacon Pea Salad</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i>	<i>Fresh Ceasar Salad</i> <i>Chilled Grabanzo Beans</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i>	<i>Romaine Tossed Salad</i> <i>Cucumber Slices</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i>

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Secondary Daily Menu Options September 30 - October 4



Student Lunch Price: \$3.00	Reduced Lunch Price: \$.40	Premium \$3.50	Adult Lunch \$5.00	Ala Carte Milk Price: \$.50
Create				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Popcorn Chicken Bowl <i>A student favorite - creamy mashed potatoes topped with popcorn chicken.</i> Dinner Roll Seasoned Corn</p>	<p>Hot Dog <i>Hot Dog WG Bun</i> Cheese Fries Coleslaw</p>	<p>Sweet N Sour Meatballs <i>Meatballs in tangy sweet and sour sauce, served over rice.</i> Rice & Roasted Carrots Peppers, Onions & Pineapple</p>	<p>Macaroni & Cheese <i>Pasta Blended with a thick and creamy cheese sauce.</i> Homemade Cornbread Broccoli</p>	<p>Soft Tacos <i>Warm tortilla filled with seasoned taco meat.</i> <i>Mexican Style Refried Beans</i> <i>Lettuce & Tomato</i></p>
2.Mato				
<p>Classic Cheese Pizza Pepperoni Pizza</p>	<p>Classic Cheese Pizza Pepperoni Pizza</p>	<p>Classic Cheese Pizza Pepperoni Pizza</p>	<p>Classic Cheese Pizza Pepperoni Pizza</p>	<p>Classic Cheese Pizza Pepperoni Pizza</p>
Grilled				
<p>Crispy Chicken Patty Sandwich Classic American Cheeseburger</p>	<p>Spicy Chicken Patty Sandwich Classic American Cheeseburger</p>	<p>Crispy Chicken Patty Sandwich Bosco's</p>	<p>Spicy Chicken Patty Sandwich Classic American Cheeseburger</p>	<p>Crispy Chicken Patty Sandwich Classic American Cheeseburger</p>
So Deli				
<i>Everyday: Made to Order Sandwich and Salad with Your Choice of Assorted Deli Meats, Cheeses, and Toppings On Your Choice Of Homemade Sub Bun or Wrap</i>				
On The Go				
<p>Ham or Turkey w/Cheese Sandwich Berry Parfait Garden Salad w/Dinner Rolls</p>	<p>Ham or Turkey w/Cheese Sandwich Chicken Caesar Wrap Garden Salad w/Dinner Rolls</p>	<p>Ham or Turkey w/Cheese Sandwich Chicken Caesar Wrap Garden Salad w/Dinner Rolls</p>	<p>Ham or Turkey w/Cheese Sandwich Berry Parfait Garden Salad w/Dinner Rolls</p>	<p>Ham or Turkey w/Cheese Sandwich Chicken Caesar Wrap Garden Salad w/Dinner Rolls</p>
Extra Extra - Included with every meal option				
<p><i>Fresh Ceasar Salad</i> <i>Carrots & Celery</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i></p>	<p><i>Romaine Tossed Salad</i> <i>Cucumber Slices</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i></p>	<p><i>Romaine Tossed Salad</i> <i>Cheddar Bacon Pea Salad</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i></p>	<p><i>Fresh Ceasar Salad</i> <i>Chilled Grabanzo Beans</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i></p>	<p><i>Romaine Tossed Salad</i> <i>Cucumber Slices</i> <i>Assorted Fresh Fruit</i> <i>Assorted Chilled Fruit</i></p>

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