

September Menu High School



Week 3	9/3 Tuesday	9/4 Wednesday	9/5 Thursday	9/6 Friday	
Breakfast	Cheese Omelet Cereal w/ Power Snack Cottage Cheese/Crackers Protein Pack	WG Powdered Donuts Cereal w/ String Cheese Cottage Cheese/Crackers Protein Pack	Pancake Sausage Stick Cereal w/ Power Snack Cottage Cheese/Crackers Protein Pack	French Toast Stick Cereal w/ String Cheese Cottage Cheese/Crackers Protein Pack	
Rotation Station	Pot Stickers Stir Fried Rice	Breaded Ravioli	Chicken Fajita Bowl Wg Tortillas	Chicken Nuggets WG Roll	Offered Everyday at Breakfast: 1% White Milk Fat Free White Milk Fat Free Flavored Milk 100% Fruit Juice Offered Every Day at Lunch: Fresh Fruit and Vegetable Bar 1% White Milk Fat Free White Milk Fat Free Flavored Milk
Garden Cafe	Buffalo Chicken Salad	Buffalo Chicken Salad	Buffalo Chicken Salad	Buffalo Chicken Salad	
Burger Grille	Buffalo Chicken Wrap	Buffalo Chicken Wrap	Buffalo Chicken Wrap	Buffalo Chicken Wrap	
Burger Grille	Burger Grille(31)	Burger Grille(31)	Burger Grille	Burger Grille(31)	
Pizza Parlour	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety	Pizza Variety(35)	
Vegetable	California Vegetables 1/2	Sweet Waffle Fries	Spinach Mandarin Salad	Tater Tots	
Week 4	9/9 Monday	9/10 Tuesday	9/11 Wednesday	9/12 Thursday	9/13 Friday
Breakfast	Benefit Bars Cereal w/ String Cheese Cottage Cheese/Crackers Protein Pack	Turkey Egg Bites(DST) Cereal w/ Power Snack Cottage Cheese/Crackers Protein Pack	Muffin Varies by Month Cereal w/ String Cheese Cottage Cheese/Crackers Protein Pack	Egg Sandwich Cereal w/ Power Snack Cottage Cheese/Crackers Protein Pack	Strawberry Mini Bagels Cereal w/ String Cheese Cottage Cheese/Crackers Protein Pack
Rotation Station	Red Tamale (2)	Chicken Penne Alfredo	Mozzarella Pull - Apart	Popcorn Chicken Bowl	Mexican Pizza
Garden Cafe	Chicken Taco Salad	Chicken Taco Salad	Chicken Taco Salad	Chicken Taco Salad	Chicken Taco Salad
Burger Grille	Turkey Sub	Turkey Sub	Turkey Sub	Turkey Sub	Turkey Sub
Pizza Parlour		Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	
Vegetable	Ranch Beans	Carroteenies	Steamed Veggie Blend	Mashed Potatoes	Fresh Broccoli w/Ranch
Week 1	9/16 Monday	9/17 Tuesday	9/18 Wednesday	9/19 Thursday	9/20 Friday
Breakfast	2ct Poptart (2g) Cereal w/ String Cheese Cottage Cheese/Crackers	Breakfast Burrito Cereal w/ Power Snack Cottage Cheese/Crackers	WG Chocolate Donuts Cereal w/ String Cheese Cottage Cheese/Crackers	Pancake Sandwich (16) Cereal w/ Power Snack Cottage Cheese/Crackers	Frudel Varies by month (36) Cereal w/ String Cheese Cottage Cheese/Crackers
Rotation Station	Hot Dogs & Chili Dogs WG Bun	Wings / Mac & Cheese District	Chix Tenders (13) Dinner Roll	BBQ Beef Rib Sandwich WG Bun	Super Nachos Recipe
Garden Cafe	Chicken Chef Salad	Chicken Chef Salad	Chicken Chef Salad	Chicken Chef Salad	Chicken Chef Salad
Burger Grille	Ham & Cheese Sub	Ham & Cheese Sub	Ham & Cheese Sub	Ham & Cheese Sub	Ham & Cheese Sub
Pizza Parlour	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)
Vegetable	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)
	French Fries	Green Beans	Sweet Potato Fries (32)	Romaine Caesar	Refried Beans
Week 2	9/23 Monday	9/24 Tuesday	9/25 Wednesday	9/26 Thursday	9/27 Friday
Breakfast	4oz Yogurt/Giant Goldfish Cereal w/ String Cheese Cottage Cheese/Crackers	Breakfast Pizza Cereal w/ Power Snack Cottage Cheese/Crackers	Cinnamon Roll Cereal w/ String Cheese Cottage Cheese/Crackers	Confetti Mini Pancakes Cereal w/ Power Snack Cottage Cheese/Crackers	Breakfast Carrot Cake Cereal w/ String Cheese Cottage Cheese/Crackers
Rotation Station	Mini Corn Dogs	Philly Cheesesteak	Breaded Chx Drum (2) WG Roll	Orange Chicken Fried Rice	Beef Taco Stick
Garden Cafe	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad
Burger Grille	Chicken Caesar Wrap	Chicken Caesar Wrap	Chicken Caesar Wrap	Chicken Caesar Wrap	Chicken Caesar Wrap
Pizza Parlour	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)
Vegetable	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)
	Tater Smiles	Steamed Carrots	Baked Beans	Steamed Broccoli	Sliced Cucumbers

Offered Everyday at Breakfast:

1% White Milk
Fat Free White Milk
Fat Free Flavored Milk
100% Fruit Juice

Offered Every Day at Lunch:

Fresh Fruit and Vegetable Bar
1% White Milk
Fat Free White Milk
Fat Free Flavored Milk

All meals comply with the National School Breakfast and Lunch Programs for nutrition compliance.

() Indicates Carbohydrate Count

Menu Subject to change based on availability.

This institution is an equal opportunity provider.