





High School Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
|  | | | | <p>1 Orange Chicken Bowl(51)w/Goldfish(14) Rich-Fil-Yay Chicken Sandwich(43) Homemade Hummus Meal w/Baby Carrots(26) & Pita Chips(21) Side Salad (10) Baby Carrots(8)</p> |
| <p>4 Domino's Pepperoni Pizza(38) Domino's Cheese Pizza(38) BLT & Avocado Wrap (40) Baby Carrots(8) Side Salad (10) Paradise Punch(23) Chocolate Chip Cookie(27)</p> | <p>5 Rich-Fil-Yay Spicy Chicken Sandwich(42) Beef Taco Salad(8) with Tortilla Chips(40) Nacho Meal w/ Fresh Pico de Gallo(65) Chile Jicama(5) Cucumber Coins(3) Rice Krispy Treat(9)</p> | <p>6 Popcorn Chicken(16) W/Mac N Cheese(21) WG Chicken Corn Dog(30) Homemade Hummus Meal w/Baby Carrots(26) & Pita Chips(21) Baby Carrots(8) Edamame(9) Side Salad (10)</p> | <p>7 Plant-Based Buffalo Wings(22) w/Roll(34) with Artisan Roll(34) Spicy Chicken Wrap (56) WG Bean & Cheese Burrito (47) with Fresh Pico de Gallo(5) Vegetable Medley Broccoli Buds(3) Nacho Cheese Doritos(10)</p> | <p>8 Chicken Teriyaki & Rice Bowl (59) Fortune Cookie(8) Rich-Fil-Yay Chicken Sandwich(43) Homemade Hummus Meal w/Baby Carrots(26) & Pita Chips(21) Side Salad (10) Baby Carrots(8)</p> |
| <p>11 </p> | <p>12 Rich-Fil-Yay Spicy Chicken Sandwich(42) 2 Taco Crispups(24) w/ Fixings (3) Nacho Meal w/ Fresh Pico de Gallo(65) Chile Jicama(5) Cucumber Coins(3) Rice Krispy Treat(9)</p> | <p>13 Spaghetti w/ Beef Sauce(31) & Artisan Dinner Roll(34) WG Multi-Cheese French Bread Pizza (30) Marinara Dipping Cup(7) Homemade Hummus Meal w/Baby Carrots(26) & Pita Chips(21) Baby Carrots(8) Edamame(9) Side Salad (10)</p> | <p>14 Beef Cheeseburger (31) Turkey Chipotle Crunch Wrap (45) WG Bean & Cheese Burrito (47) with Fresh Pico de Gallo(5) Vegetable Medley Broccoli Buds(3) Big Funyuns (24)</p> | <p>15 Orange Chicken Bowl(51)w/Goldfish(14) Rich-Fil-Yay Chicken Sandwich(43) Homemade Hummus Meal w/Baby Carrots(26) & Pita Chips(21) Side Salad (10) Baby Carrots(8)</p> |
| <p>18 Domino's Pepperoni Pizza(38) Domino's Cheese Pizza(38) BLT & Avocado Wrap (40) Side Salad (10) Baby Carrots(8) Paradise Punch(23) Chocolate Chip Cookie(27)</p> | <p>19 Rich-Fil-Yay Spicy Chicken Sandwich(42) TINGAdilla(39) Nacho Meal w/ Fresh Pico de Gallo(65) Chile Jicama(5) Cucumber Coins(3) Rice Krispy Treat(9)</p> | <p>20 Popcorn Chicken(16) W/Mac N Cheese(21) WG Chicken Corn Dog(30) Homemade Hummus Meal w/Baby Carrots(26) & Pita Chips(21) Baby Carrots(8) Edamame(9) Side Salad (10)</p> | <p>21 Famous Chicken Bowl (54) & Roll (34) Polish Dog on WG Bun (29) WG Bean & Cheese Burrito (47) with Fresh Pico de Gallo(5) Vegetable Medley Broccoli Buds(3) Nacho Cheese Doritos(10)</p> | <p>22 Chicken Lo Mein(59) w Fortune Cookie(8) Rich-Fil-Yay Chicken Sandwich(43) Homemade Hummus Meal w/Baby Carrots(26) & Pita Chips(21) Side Salad (10) Baby Carrots(8)</p> |
| <p>25 Domino's Pepperoni Pizza(38) Domino's Cheese Pizza(38) Yogurt Parfait(74) Side Salad (10) Baby Carrots(8) Paradise Punch(23) Chocolate Chip Cookie(27)</p> | <p>26 Rich-Fil-Yay Spicy Chicken Sandwich(42) (2) Birria n Cheese Pupusa (58) W /Curtido (slaw) (6) Nacho Meal w/ Fresh Pico de Gallo(65) Broccoli Buds(3) Chile Jicama(5) Rice Krispy Treat(9)</p> | <p>27 WG Cheese Crunchers(41) Marinara Dipping Cup(7) WG Grilled Cheese(31) Homemade Hummus Meal w/Baby Carrots(26) & Pita Chips(21) Baby Carrots(8) Edamame(9) Side Salad (10)</p> | <p>28 </p> | <p>29</p> |



Fresh Fruits Available daily:

Apple (12), Sliced Apples (8), Nectarines (10), Oranges (15), Raisins (33), Banana large 8" (31), Extra Large 9" (34), Grapes (15), Mandarin (16) Mango Bites (11)

 Carbohydrates for condiments
Ketchup(3) Mustard(0) Mayo(1)
BBQ(3) Ranch(2) Taco Sauce(1)

1% low-fat milk(16) & non-fat chocolate milk(21) offered daily with school lunch 

****Carbohydrate Information Reviewed by MUSD Registered Dietitian

Minimum Day

Menu subject to change. This institution is an equal opportunity provider & employer.