

High School Menu



Week 1	1/6 Monday	1/7 Tuesday	1/8 Wednesday	1/9 Thursday	1/10 Friday
Breakfast	2ct Poptart (2g) Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Breakfast Burrito (21) Cereal (25)w/ Power Snack (see packaging) Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	WG Chocolate Donuts (42) Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Pancake Sandwich (16) Cereal (25)w/ Power Snack (see packaging) Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Frudel Varies by month (36) Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)
Rotation Station	Hot Dogs & Chili Dogs WG Bun	Wings / Mac & Cheeese (31) District	Chix Tenders (13) Dinner Roll(25)	BBQ Beef Rib Sandwich(13) WG Bun (30)	Super Nachos (42) Recipe
Garden Cafe	Chicken Chef Salad(33) Ham & Cheese Sub (38)	Chicken Chef Salad(33) Ham & Cheese Sub (38)	Chicken Chef Salad(33) Ham & Cheese Sub (38)	Chicken Chef Salad(33) Ham & Cheese Sub (38)	Chicken Chef Salad(33) Ham & Cheese Sub (38)
Burger Grille	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)
Pizza Parlour	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)
Vegetable	French Fries (24)	Green Beans	Sweet Potato Fries (32)	Romaine Caesar	Refried Beans (28)
Week 2	1/13 Monday	1/14 Tuesday	1/15 Wednesday	1/16 Thursday	1/17 Friday
Breakfast	4oz Yogurt/Giant Goldfish (12/19) Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Breakfast Pizza (31) Cereal (25)w/ Power Snack (see packaging) Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Cinnamon Roll (52) Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Confetti Mini Pancakes (36) Cereal (25)w/ Power Snack (see packaging) Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Banana Bread (46) Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)
Rotation Station	Mini Corn Dogs (27) Chicken Caesar Salad (39)	Philly Pinwheel(32) Chicken Caesar Salad (39)	Breaded Chx Drum (2) WG Roll (25) Chicken Caesar Salad (39)	Orange Chicken(20) Fried rice(27) Chicken Caesar Salad (39)	Beef & Cheese Tacos (36) Chicken Caesar Salad (39)
Garden Cafe	Chicken Caesar Wrap (55) Burger Grille(31)	Chicken Caesar Wrap (55) Burger Grille(31)	Chicken Caesar Wrap (55) Burger Grille(31)	Chicken Caesar Wrap (55) Burger Grille(31)	Chicken Caesar Wrap (55) Burger Grille(31)
Burger Grille	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)
Pizza Parlour	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)
Vegetable	Tater Smiles (31)	Steamed Carrots	Baked Beans (26)	Steamed Broccoli	Sliced Cucumbers
Week 3	1/21 Tuesday	1/22 Wednesday	1/23 Thursday	1/24 Friday	
Breakfast	Cheese Omelet IW DST (2) Cereal (25)w/ Power Snack (see packaging) Cottage Cheese/Crackers Protein Pack	WG Powdered Donuts (41) Cereal (25) w/ String Cheese Cottage Cheese/Crackers Protein Pack	Pancake Sausage Stick (16) Cereal (25)w/ Power Snack (see packaging) Cottage Cheese/Crackers Protein Pack	French Toast Stick(DST) (38) Cereal (25) w/ String Cheese Cottage Cheese/Crackers Protein Pack	
Rotation Station	Pot Stickers (31) Stir Fried Rice (27)	Breaded Ravioli (64)	Chicken Fajita Bowl(20) Wg Tortillas (48)	Chicken Nuggets (13) WG Roll (25)	
Garden Cafe	Buffalo Chicken Salad (37) Buffalo Chicken Wrap (50)	Buffalo Chicken Salad (37) Buffalo Chicken Wrap (50)	Buffalo Chicken Salad (37) Buffalo Chicken Wrap (50)	Buffalo Chicken Salad (37) Buffalo Chicken Wrap (50)	
Burger Grille	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)	
Pizza Parlour	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	
Vegetable	California Vegetables 1/2	Sweet Waffle Fries (34)	Spinach Mandarin Salad	Tater Tots	
Week 4	1/27 Monday	1/28 Tuesday	1/29 Wednesday	1/30 Thursday	1/31 Friday
Breakfast	Benefit Bar Variety (see package) Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Egg Sandwich (21) Cereal (25)w/ Power Snack (see packaging) Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Muffin Varies by Month(46-47) Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Breakfast Burrito (21) Cereal (25)w/ Power Snack (see packaging) Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Strawberry Mini Bagels (42) Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)
Rotation Station	Red Tamale (2)	Chicken Penne Alfredo (46)	Mozzarella Pull-Aparts (29)	Popcorn Chicken Bowl (39)	Beef Fiestada (43)
Garden Cafe	Chicken Taco Salad (32)	Chicken Taco Salad (32)	Chicken Taco Salad (32)	Chicken Taco Salad (32)	Chicken Taco Salad (32)
Burger Grille	Turkey Sub (38)	Turkey Sub (38)	Turkey Sub (38)	Turkey Sub (38)	Turkey Sub (38)
Pizza Parlour	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)
Vegetable	Ranch Beans 1/2c (23)	Carroteenies	Steamed Veggie Blend	Mashed Potatoes(15)	Fresh Broccoli w/Ranch

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 guidelines.

() Indicates Carbohydrate Count

Menu Subject to change based on availability.

This institution is an equal opportunity provider.