



Cap High Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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For more information on the menu items, such as allergens, visit SchoolCafe.com/MMSD	This institution is an equal opportunity provider.
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3 Hot Dog & Tater Tots Cheese Pizza Chicken Caesar Salad Blueberries, Craisins Chickpeas, Baby Carrots	4 Chicken Strips & Potato Wedges Buffalo Chicken Salad Bosco Sticks Strawberries, Applesauce Grape Tomatoes, Pickle Slices	5 Sriracha Honey Wings with Potato Wedges Buffalo Chicken Salad Bean and Cheese Burrito Blueberries, Bananas Cauliflower, Broccoli	6 Pepperoni Pizza Chicken Caesar Salad Bosco Sticks Strawberries, Mandarin Oranges Celery Sticks, Green Peas	7 No School for High School
10 No School for High School	11 Cheeseburger Regular or Spicy Chicken Patty on a Bun w/ Potato Wedges Bosco Sticks Strawberries, Applesauce Grape Tomatoes, Pickles	12 Sweet Chili Chicken Wings Buffalo Chicken Salad Bean & Cheese Burrito Strawberries, Fruit Cocktail Coleslaw, Yam Sticks	13 Pepperoni Pizza Chicken Strips & Biscuit Chicken Caesar Salad Blueberries Mandarin Oranges Broccoli, Celery Sticks	14 BBQ Boneless Wings with Tater Tots Chicken Caesar Salad Quesadilla Taco Bites Strawberries, Bananas Peas, Grape Tomatoes
17 Hot Dog & Tater Tots Cheese Pizza Chicken Caesar Salad Blueberries, Craisins Chickpeas, Baby Carrots	18 Chicken Strips with Potato Wedges Buffalo Chicken Salad Bosco Sticks Strawberries, Applesauce Baby Carrots, Pickles	19 Sweet BBQ Chicken Wings Buffalo Chicken Salad Bean & Cheese Burrito Blueberries, Bananas Cauliflower, Grape Tomatoes	20 Pepperoni Pizza Chicken Caesar Salad Bosco Sticks Strawberries Mandarin Oranges Peas, Celery Sticks	21 Buffalo Boneless Wings Grab n Go Sub Chicken Caesar Salad Cheesy Pull-Aparts Blueberries, Bananas Corn, Baby Carrots



25 26 27 28

SPRING BREAK

Milk
Offered Daily

- 1% Chocolate
- 1% White
- Skim White

Dressed Romaine Lettuce will be featured on the garden bar daily.

Odd Dates: Ranch Salad Dressing with Shredded Cheddar and Croutons

Even Dates: Caesar Salad Dressing with Parmesan Cheese and Croutons