

# High School Menu



Week 3	4/1 Tuesday	4/2 Wednesday	4/3 Thursday	4/4 Friday
<b>Breakfast</b>	Cheese Omelet (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
<b>Rotation Station</b>	Pot Stickers (31) Stir Fried Rice (27)	Breaded Ravioli (64)	Chicken Fajita Bowl(20) Wg Tortillas (48)	Chicken Nuggets (13) WG Roll (25)
<b>Garden Cafe</b>	Buffalo Chicken Salad (37)	Buffalo Chicken Salad (37)	Buffalo Chicken Salad (37)	Buffalo Chicken Salad (37)
<b>Burger Grille</b>	Buffalo Chicken Wrap (50)	Buffalo Chicken Wrap (50)	Buffalo Chicken Wrap (50)	Buffalo Chicken Wrap (50)
<b>Pizza Parlour</b>	Burger Grille(31) Pizza Variety(35)	Burger Grille(31) Pizza Variety(35)	Burger Grille(31) Pizza Variety(35)	Burger Grille(31) Pizza Variety(35)
<b>Vegetable</b>	California Vegetables 1/2	Sweet Waffle Fries (34)	Spinach Mandarin Salad	Tater Tots

**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

Week 4	4/7 Monday	4/8 Tuesday	4/9 Wednesday	4/10 Thursday	4/11 Friday
<b>Breakfast</b>	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.)
<b>Rotation Station</b>	Red Tamale (2)	Chicken Penne Alfredo (46)	Mozzarella Pull-Aparts (29)	Popcorn Chicken Bowl (39)	Beef Fiestada (43)
<b>Garden Cafe</b>	Chicken Taco Salad (32)	Chicken Taco Salad (32)	Chicken Taco Salad (32)	Chicken Taco Salad (32)	Chicken Taco Salad (32)
<b>Burger Grille</b>	Turkey Sub (38)	Turkey Sub (38)	Turkey Sub (38)	Turkey Sub (38)	Turkey Sub (38)
<b>Pizza Parlour</b>	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)
<b>Vegetable</b>	Ranch Beans 1/2c (23)	Carroteenies	Steamed Veggie Blend	Mashed Potatoes(15)	Fresh Broccoli w/Ranch

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.

Week 1	4/14 Monday	4/15 Tuesday	4/16 Wednesday	4/17 Thursday
<b>Breakfast</b>	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.)
<b>Rotation Station</b>	Hot Dogs & Chili Dogs WG Bun Chicken Chef Salad(33)	Wings / Mac & Cheese (31) District Chicken Chef Salad(33)	Chix Tenders (13) Dinner Roll(25) Chicken Chef Salad(33)	BBQ Beef Rib Sandwich(13) WG Bun (30) Chicken Chef Salad(33)
<b>Garden Cafe</b>	Ham & Cheese Sub (38)	Ham & Cheese Sub (38)	Ham & Cheese Sub (38)	Ham & Cheese Sub (38)
<b>Burger Grille</b>	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)
<b>Pizza Parlour</b>	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)
<b>Vegetable</b>	French Fries (24)	Green Beans	Sweet Potato Fries (32)	Romaine Caesar

Week 2	4/21 Monday	4/22 Tuesday	4/23 Wednesday	4/24 Thursday	4/25 Friday
<b>Breakfast</b>	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.)
<b>Rotation Station</b>	Mini Corn Dogs (27)	Philly Cheesesteak (60)	Breaded Chx Drum (2) WG Roll (25)	Orange Chicken(20) Fried rice(27)	Spicy Beef Taco Stick (32)
<b>Garden Cafe</b>	Chicken Caesar Salad (39)	Chicken Caesar Salad (39)	Chicken Caesar Salad (39)	Chicken Caesar Salad (39)	Chicken Caesar Salad (39)
<b>Burger Grille</b>	Chicken Caesar Wrap (55)	Chicken Caesar Wrap (55)	Chicken Caesar Wrap (55)	Chicken Caesar Wrap (55)	Chicken Caesar Wrap (55)
<b>Pizza Parlour</b>	Burger Grille(31) Pizza Variety(35)	Burger Grille(31) Pizza Variety(35)	Burger Grille(31) Pizza Variety(35)	Burger Grille(31) Pizza Variety(35)	Burger Grille(31) Pizza Variety(35)
<b>Vegetable</b>	Tater Smiles (31)	Steamed Carrots	Baked Beans (26)	Steamed Broccoli	Sliced Cucumbers

Week 3	4/28 Monday	4/29 Tuesday	4/30 Wednesday
<b>Breakfast</b>	Breakfast Bar Cereal w/ String Cheese Cottage Cheese/Crackers Protein Pack	Cheese Omelet (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
<b>Rotation Station</b>	Enchiladas	Pot Stickers (31) Stir Fried Rice (27)	Breaded Ravioli (64)
<b>Garden Cafe</b>	Buffalo Chicken Salad	Buffalo Chicken Salad (37)	Buffalo Chicken Salad (37)
<b>Burger Grille</b>	Buffalo Chicken Wrap	Buffalo Chicken Wrap (50)	Buffalo Chicken Wrap (50)
<b>Pizza Parlour</b>	Burger Grille(31) Pizza Variety(35)	Burger Grille(31) Pizza Variety(35)	Burger Grille(31) Pizza Variety(35)
<b>Vegetable</b>	Refried Beans	California Vegetables 1/2	Sweet Waffle Fries (34)