

# High School Menu



Week 3		5/1 Thursday		5/2 Friday		
<b>Breakfast</b>		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>		Chicken Fajita Bowl(20) Wg Tortillas (48) Buffalo Chicken Salad (37) Buffalo Chicken Wrap (50) Burger Grille(31) Pizza Variety(35) Spinach Mandarin Salad		Chicken Nuggets (13) WG Roll (25) Buffalo Chicken Salad (37) Buffalo Chicken Wrap (50) Burger Grille(31) Pizza Variety(35) Tater Tots		
Garden Cafe Burger Grille Burger Grille Pizza Parlour Vegetable						
Week 4		5/5 Monday	5/6 Tuesday	5/7 Wednesday	5/8 Thursday	5/9 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)
Garden Cafe Burger Grille Pizza Parlour Vegetable		Chicken Taco Salad (32) Turkey Sub (38) Pizza Variety(35) Ranch Beans 1/2c (23)	Chicken Taco Salad (32) Turkey Sub (38) Pizza Variety(35) Carroteenies	Chicken Taco Salad (32) Turkey Sub (38) Pizza Variety(35) Steamed Veggie Blend	Chicken Taco Salad (32) Turkey Sub (38) Pizza Variety(35) Mashed Potatoes(15)	Chicken Taco Salad (32) Turkey Sub (38) Pizza Variety(35) Fresh Broccoli w/Ranch
Week 1		5/12 Monday	5/13 Tuesday	5/14 Wednesday	5/15 Thursday	5/16 Friday
<b>Breakfast</b>		2ct Poptart (2g) Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Breakfast Wrap (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.)
<b>Rotation Station</b>		Hot Dogs & Chili Dogs WG Bun Chicken Chef Salad(33) Ham & Cheese Sub (38) Burger Grille(31) Pizza Variety(35) French Fries (24)	Wings / Mac & Cheese (31) District Chicken Chef Salad(33) Ham & Cheese Sub (38) Burger Grille(31) Pizza Variety(35) Green Beans	Chix Tenders (13) Dinner Roll(25) Chicken Chef Salad(33) Ham & Cheese Sub (38) Burger Grille(31) Pizza Variety(35) Sweet Potato Fries (32)	BBQ Beef Rib Sandwich(13) WG Bun (30) Chicken Chef Salad(33) Ham & Cheese Sub (38) Burger Grille(31) Pizza Variety(35) Romaine Caesar	Super Nachos (42) Recipe Chicken Chef Salad(33) Ham & Cheese Sub (38) Burger Grille(31) Pizza Variety(35) Refried Beans (28)
Garden Cafe Burger Grille Pizza Parlour Vegetable						
Week 2		5/19 Monday	5/20 Tuesday	5/21 Wednesday	5/22 Thursday	5/23 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) Chicken Caesar Salad (39) Chicken Caesar Wrap (55) Burger Grille(31) Pizza Variety(35) Tater Smiles (31)	Philly Cheesesteak (60) Chicken Caesar Salad (39) Chicken Caesar Wrap (55) Burger Grille(31) Pizza Variety(35) Steamed Carrots	Breaded Chx Drum (2) WG Roll (25) Chicken Caesar Salad (39) Chicken Caesar Wrap (55) Burger Grille(31) Pizza Variety(35) Baked Beans (26)	Chicken Egg Roll(20) Fried rice(27) Chicken Caesar Salad (39) Chicken Caesar Wrap (55) Burger Grille(31) Pizza Variety(35) Steamed Broccoli	Spicy Beef Taco Stick (32) Chicken Caesar Salad (39) Chicken Caesar Wrap (55) Burger Grille(31) Pizza Variety(35) Sliced Cucumbers
Garden Cafe Burger Grille Pizza Parlour Vegetable						

**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.**