

# HIGH SCHOOL LUNCH MENU

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			-1- NO SCHOOL	-2- NO SCHOOL
<p style="text-align: center;">-5-</p> <p>WG PERSONAL MEAT EATER PIZZA OR WG CHEESE PIZZA WEDGE OR WG +TURKEY SAUSAGE PIZZA WEDGE OR WG GARLIC CHEESE PIZZA OR COLBY CHEESE EGG OMELET WG LARGE SUNRISE MUFFIN</p> <p style="text-align: center;">AND</p> <p>SWEET POTATO FRIES GREEN BEANS 100% FRUIT ICE SLUSHY APPLESAUCE CUP CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK FRITOS OR *YOGURT CUP/CHEESE STICK WG LARGE BLUEBERRY MUFFIN</p> <p style="text-align: center;">AND</p> <p>FAVA BEANS 100% VEGETABLE JUICE 100% FRUIT ICE SLUSHY APPLESAUCE CUP CHOICE OF MILK</p> <p style="text-align: center;">CHOICE OF MILK</p>	<p style="text-align: center;">-6-</p> <p>CAJUN DICED CHICKEN with WG PASTA ALFREDO WG BREADSTICK &amp; BUTTER OR WG MACARONI &amp; CHEESE WG BREADSTICK &amp; BUTTER OR GOLDEN BREADED CHICKEN CORNBREAD MUFFIN BUTTER CUP OR VEGETARIAN NUGGETS CORN MUFFIN BUTTER CUP OR WG PIZZA DIPPERS MARIANNA SAUCE</p> <p style="text-align: center;">-AND-</p> <p>STEAMED BROCCOLI TENDER CORN PEACH SLICES FRESH ORANGE CHOICE OF MILK OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK PRETZEL CRACKERS OR *YOGURT CUP/CHEESE STICK WG LARGE BLUEBERRY MUFFIN</p> <p style="text-align: center;">AND</p> <p>100% VEGETABLE JUICE FAVA BEANS PEACH CUP ORANGE CHOICE OF MILK</p>	<p style="text-align: center;">-7-</p> <p>WG BEEF &amp; CHEESE TACO STICK "NEW" WG CINNAMON CHURRO SOUR CREAM/SALSA OR WG GRILLED CHEESE SANDWICH OR +TURKEY &amp; CHEESE WG HOAGIE SANDWICH</p> <p style="text-align: center;">MAYONNAISE OR WG QUESADILLA SALSA OR COLD +TURKEY &amp; CHEESE SUB SANDWICH ON WG HOAGIE BUN</p> <p style="text-align: center;">AND</p> <p>REFRIED BEANS FRESH GARDEN SALAD with GRAPE TOMATOES RANCH DRESSING MANGO PEACH APPLESauce CUP FRESH FRUIT BOWL CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO: CHEF SALAD/ WG DINNER ROLLS BUTTER/ DRESSING/CHOICE OF FRUIT CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK WG LARGE BANANA MUFFIN OR *YOGURT CUP/CHEESE STICK WG CHOCOLATE CHIP MUFFIN</p> <p style="text-align: center;">AND</p> <p>100% VEGETABLE JUICE BABY CARROTS PINEAPPLE CUP ORANGE CHOICE OF MILK</p>	<p style="text-align: center;">-8-</p> <p>WG BREADED CHICKEN TENDERS WG WAFFLES SYRUP OR VEGETARIAN NUGGETS WG WAFFLES SYRUP OR +TURKEY HAM/CHEESE ROLL UP WITH LETTUCE &amp; TOMATO GARNISH</p> <p style="text-align: center;">AND</p> <p>GARDEN SALAD with SHREDDED CARROT GARNISH FRESH BROCCOLI FLORETS KETCHUP/BBQ SAUCE/MAYONNAISE FRESH APPLE SLICES FRESH FRUIT BOWL CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO SALAD: GARDEN SALAD/ WG DINNER ROLLS BUTTER/ DRESSING/CHOICE OF FRUIT CHOICE OF MILK</p> <p style="text-align: center;">GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK WG PRETZEL CRACKERS OR *YOGURT CUP/CHEESE STICK WG CHERRY MUFFIN</p> <p style="text-align: center;">AND</p> <p>100% VEGETABLE JUICE FRESH BROCCOLI BUDS RANCH DRESSING APPLE SLICES PEACH CUP CHOICE OF MILK</p>	<p style="text-align: center;">-9-</p> <p>WARM ITALIAN CHICKEN MEATBALL SUB ON WG HOT DOG BUN OR HOT DOG ON WG HOT DOG BUN OR PRIME GRILLER VEGGIE BURGER ON WG HAMBURGER BUN KETCHUP / MUSTARD OR WG CHICKEN CAESAR WRAP</p> <p style="text-align: center;">AND</p> <p>SIDEWINDER POTATOES BABY CARROTS RANCH DRESSING KETCHUP/ MUSTARD FRESH FRUIT BOWL BLUE RASPBERRY SIDEKICK CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO: CAJUN CHICKEN SALAD WG MINI BREADSTICKS/ BUTTER DRESSING/CHOICE OF FRUIT CHOICE OF MILK OR</p> <p style="text-align: center;">GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK FRITOS OR *YOGURT CUP/CHEESE STICK WG BLUEBERRY MUFFIN</p> <p style="text-align: center;">AND</p> <p>100% VEGETABLE JUICE GARDEN SALAD WITH GRAPE TOMATO GARNISH RANCH DRESSING FRESH BANANA BLUE RASPBERRY SIDEKICK CHOICE OF MILK</p>

## HIGH SCHOOL LUNCH MENU Continued

<p style="text-align: center;">-12-</p> <p>WG PIZZA DIPPERS MARINARA SAUCE OR +SHREDDED BBQ TURKEY ON WG HAMBURGER BUN OR WG SPICY BREADED CHICKEN SANDWICH ON WG HAMBURGER BUN MAYONNAISE OR WG GRILLED CHEESE SANDWICH</p> <p style="text-align: center;">-AND-</p> <p>GARDEN SALAD WITH SHREDDED CARROT GARNISH GRAPE TOMATOES RANCH DRESSING APPLESAUCE CUP FRESH PEAR CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO- GARDEN SALAD WG MINI BREADSTICK BUTTER OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK WG PRETZEL CRACKERS OR *YOGURT CUP/CHEESE STICK WG LARGE CHERRY MUFFIN</p> <p style="text-align: center;">AND</p> <p>100% VEGETABLE JUICE CUCUMBER SLICES RANCH DRESSING FRESH PEAR APPLESAUCE CUP CHOICE OF MILK</p>	<p style="text-align: center;">-13-</p> <p>WALKING TACO: CHOICE OF +TACO MEAT -OR- CHICKEN FAJITA MEAT -OR- PLANT BASED MEAT ALTERNATE OR WG BEEF &amp; SWEET PLANTAIN EMPANADA</p> <p style="text-align: center;">AND</p> <p>ORIGINAL FRITOS REFRIED BEANS WITH CHEESE FRESH BABY CARROTS SHREDDED LETTUCE SALSA CUP /SOUR CREAM PINEAPPLE CHUNKS APPLE SLICES CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO SALAD: SOUTHWEST SALAD FAVA BEANS/TORTILLA STRIPS CORN BREAD MUFFIN BUTTER /DRESSING CHOICE OF FRUIT CHOICE OF MILK OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK FRITOS OR *YOGURT CUP/CHEESE STICK WG LARGE BLUEBERRY MUFFIN</p> <p style="text-align: center;">AND</p> <p>FAVA BEANS 100% VEGETABLE JUICE BABY CARROTS RANCH DRESSING PINEAPPLE CUPS FRESH APPLE SLICES CHOICE OF MILK</p>	<p style="text-align: center;">-14-</p> <p>GOLDEN BREADED CHICKEN CORNBREAD MUFFIN BUTTER CUP OR WG CHICKEN &amp; CHEESE QUESADILLAS SALSA / SOUR CREAM OR WG TWIN MINI BURGERS KETCHUP/MUSTARD OR WG CHEESE PIZZA WEDGE</p> <p style="text-align: center;">-AND-</p> <p>SWEET POTATO FRIES MIXED VEGETABLES KETCHUP FRUIT COCKTAIL FRESH FRUIT BOWL CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO SALAD: HALAL CHICKEN SALAD WG DINNER ROLLS (2) BUTTER OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK WG FRITOS OR *YOGURT CUP/CHEESE STICK WG LARGE BLUEBERRY MUFFIN</p> <p style="text-align: center;">AND</p> <p>100% VEGETABLE JUICE CUCUMBER SLICES RANCH DRESSING FRESH FRUIT BOWL MIX FRUIT CUP CHOICE OF MILK</p>	<p style="text-align: center;">-15-</p> <p>ALL BEEF HAMBURGER ON WG BUN SHREDDED LETTUCE &amp; TOMATO SLICES GARNISH OR VEGETARIAN PRIME GRILLER BURGER ON WG BUN SHREDDED LETTUCE &amp; TOMATO SLICES GARNISH OR TURKEY &amp; CHEESE SUB ON WG HOAGIE BUN OR WG GRILLED CHEESE SANDWICH</p> <p style="text-align: center;">AND</p> <p>GARDEN SALAD with GRAPE TOMATO GARNISH FRESH CUCUMBER SLICES KETCHUP/MUSTARD PEACH SLICES FRESH FRUIT BOWL CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO SALAD: HALALA CHICKEN SALAD WG MINI BREADSTICKS/ BUTTER DRESSING/CHOICE OF FRUIT CHOICE OF MILK OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK WG PRETZEL CRACKERS OR *YOGURT CUP/CHEESE STICK WG CHERRY MUFFIN</p> <p style="text-align: center;">AND</p> <p>100% VEGETABLE JUICE GARDEN SALAD WITH CUCUMBER SLICE GARNISH RANCH DRESSING STRAWBERRY CUP BANANA CHOICE OF MILK</p>	<p style="text-align: center;">-16-</p> <p>WG BREADED POPCORN CHICKEN OVER MASHED POTATOES &amp; GRAVY WG PAN ROLL / BUTTER OR VEGETARIAN NUGGETS OVER MASHED POTATOES WG PAN ROLL / BUTTER OR WG CHEESE PIZZA WEDGE SEASONED POTATO WEDGES OR WG BREADED CHICKEN TENDERS SEASONED POTATO WEDGES BBQ SAUCE</p> <p style="text-align: center;">AND</p> <p>STEAMED BROCCOLI STRAWBERRY SLICES FRESH FRUIT BOWL CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO SALAD: CHEF SALAD/ WG DINNER ROLLS / BUTTER DRESSING/CHOICE OF FRUIT CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK FRITOS OR *YOGURT CUP/CHEESE STICK WG CHOCOLATE CHIP MUFFIN</p> <p style="text-align: center;">AND</p> <p>100% VEGETABLE JUICE FRESH BROCCOLI BUDS RANCH DRESSING FRESH APPLE STRAWBERRY CUP CHOICE OF MILK</p>
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## HIGH SCHOOL LUNCH MENU Continued

<p>-19- NO SCHOOL</p>	<p>-20- WG PERSONAL MEAT EATER PIZZA OR WG CHEESE PIZZA WEDGE OR WG +TURKEY SAUSAGE PIZZA WEDGE OR COLBY CHEESE EGG OMELET WG LARGE SUNRISE MUFFIN</p> <p>AND SWEET POTATO FRIES GREEN BEANS 100% FRUIT ICY FRESH APPLE CHOICE OF MILK</p> <p>OR GRAB N GO SALAD: GARDEN SALAD DRESSING WG DINNER ROLLS/BUTTER CHOICE OF FRUIT</p> <p>OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK WG PRETZEL CRACKERS OR *YOGURT CUP/CHEESE STICK WG LARGE CHERRY MUFFIN</p> <p>AND 100% VEGETABLE JUICE BABY CARROTS RANCH DRESSING FRESH APPLE 100% FRUIT ICY CHOICE OF MILK</p>	<p>-21- KOREAN BEEF OR VEGETARIAN NUGGETS OR BREADED CHICKEN TENDERS OR</p> <p>AND VEGETABLE BROWN FRIED RICE STEAMED BROCCOLI CRUNCHY BABY CARROTS RANCH WG MINI BREADSTICK BUTTER SWEET PINEAPPLE CHUNKS FRESH FRUIT BOWL CHOICE OF MILK</p> <p>OR GRAB N GO SALAD: HALAL CHICKEN SALAD WG DINNER ROLLS (2) BUTTER /DRESSING CHOICE OF FRUIT CHOICE OF MILK</p> <p>OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK WG FRITOS OR *YOGURT CUP/CHEESE STICK WG LARGE SUNRISE MUFFIN</p> <p>AND 100% VEGETABLE JUICE BROCCOLI FLORETS RANCH DRESSING FRESH ORANGE PINEAPPLE CUP CHOICE OF MILK</p>	<p>-22- WG ROTINI PASTA BAKE &amp; MEAT SAUCE WITH WG PAN ROLL/BUTTER OR WG MACARONI &amp; CHEESE WITH WG PAN ROLL/BUTTER OR WG CHEESE QUESADILLA WITH SOUR CREAM &amp; SALSA OR TURKEY &amp; CHEESE SANDWICH ON WG FLATBREAD</p> <p>AND GARDEN SALAD with SHREDDED CARROT GARNISH FRESH GRAPE TOMATOES DRESSING PEACH SLICES FRESH FRUIT BOWL CHOICE OF MILK</p> <p>OR</p> <p>GRAB N GO SALAD: CAJUN CHICKEN SALAD WG MINI BREADSTICKS/ BUTTER DRESSING/HOT SAUCE CHOICE OF FRUIT CHOICE OF MILK</p> <p>OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK WG PRETZEL CRACKERS OR *YOGURT CUP/CHEESE STICK WG CHERRY MUFFIN</p> <p>AND 100% VEGETABLE JUICE GARDEN SALAD WITH GRAPE TOMATO GARNISH RANCH DRESSING APPLE SLICES PEACH CUP CHOICE OF MILK</p>	<p>-23- 4 CHEESE WG ENCHILADAS WITH SAUCE OR WG BURRITO BEEF, BEAN &amp; CHEESE SALSA OR WG CHEESE PIZZA OR WG TURKEY CHIPOTLE WRAP</p> <p>AND TEXAS RANCHERO PINTO BEANS WHOLE KERNEL CORN SALSA / SOUR CREAM STRAWBERRIES FRESH FRUIT BOWL CHOICE OF MILK</p> <p>OR GRAB N GO SALAD: SOUTHWEST SALAD CORNBREAD MUFFIN /FAVA BEANS TORTILLA STRIPS DRESSING/CHOICE OF FRUIT CHOICE OF MILK</p> <p>OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK FRITOS OR *YOGURT CUP/CHEESE STICK WG LARGE BLUEBERRY MUFFIN</p> <p>AND FAVA BEANS 100% VEGETABLE JUICE BABY CARROTS RANCH DRESSING STRAWBERRY CUP BANANA CHOICE OF MILK</p>
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## HIGH SCHOOL LUNCH MENU Continued

<p>-26- NO SCHOOL</p>	<p>-27- TATCHOS</p> <p>POTATO TOTS WITH CHOICE OF TOPPING</p> <p>CHOICE OF 1: +TACO MEAT OR PLANT BASED TACO MEAT</p> <p>CHOICES OF: CHEESE SAUCE, SOUR CREAM, SALSA WITH WG PAN ROLLS (2) &amp; BUTTER (2) OR BEEF PATTY WG HAMBURGER BUN KETCHUP/MUSTARD POTATO TOTS OR EGG &amp; CHEESE OMELET WG LARGE BLUEBERRY MUFFIN POTATO TOTS</p> <p>-AND- STEAMED MIX VEGETABLES PEACH SLICES FRESH FRUIT BOWL CHOICE OF MILK</p> <p>OR GRAB N GO SALAD: CAJUN CHICKEN SALAD WG PAN ROLLS (2) HOT SAUCE/ DRESSING CHOICE OF FRUIT CHOICE OF MILK OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK FRITOS OR *YOGURT CUP/CHEESE STICK WG LARGE BLUEBERRY MUFFIN</p> <p>AND 100% VEGETABLE JUICE BABY CARROTS STRAWBERRY CUP APPLE SLICES CHOICE OF MILK</p>	<p>-28- WG BREADED SPICY CHICKEN PATTY ON WG HAMBURGER BUN OR WG BREADED HALAL CHICKEN PATTY ON WG HAMBURGER BUN OR SPICY BEAN PATTY ON ON WG HAMBURGER BUN OR ALL BEEF HAMBURGER PATTY ON WG HAMBURGER BUN OR WG CHICKEN BITES with WG LARGE BREADSTICK</p> <p>AND TEXAS RANCHERO PINTO BEANS FRESH BABY CARROTS SHREDDED LETTUCE &amp; TOMATO SLICES MEDLEY KETCHUP/MUSTARD MAYONNAISE/BBQ SAUCE MIX BERRY FRUIT CUP FRESH FRUIT BOWL CHOICE OF MILK</p> <p>OR GRAB N GO SALAD: SOUTHWEST SALAD CORNBREAD MUFFIN /FAVA BEANS TORTILLA STRIPS DRESSING/CHOICE OF FRUIT CHOICE OF MILK</p> <p>OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK FRITOS OR *YOGURT CUP/CHEESE STICK WG LARGE BLUEBERRY MUFFIN</p> <p>AND FAVA BEANS 100% VEGETABLE JUICE BABY CARROTS RANCH DRESSING MIX BERRY CUP BANANA CHOICE OF MILK</p>	<p>-29- GENERAL TAO'S CHICKEN over WG BROWN RICE WG MINI BREADSTICK &amp; BUTTER OR VEGETARIAN CHICKEN NUGGETS WG BROWN RICE WG MINI BREADSTICK &amp; BUTTER OR WG CHEESE QUESADILLA &amp; SALSA/SOUR CREAM OR WG TURKEY CHIPOTLE WRAP</p> <p>-AND- STEAMED STIR FRY VEGETABLES RED PEPPER STRIPS RANCH DRESSING FRESH APPLE SLICES FRESH FRUIT BOWL CHOICE OF MILK</p> <p>OR GRAB N GO SALAD: ASIAN CHICKEN SALAD (with mandarin oranges on the side) WG MINI BREADSTICKS/ BUTTER DRESSING CHOICE OF FRUIT CHOICE OF MILK OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK WG PRETZEL CRACKERS OR *YOGURT CUP/CHEESE STICK WG LARGE CHERRY MUFFIN</p> <p>AND 100% VEGETABLE JUICE GARDEN SALAD WITH GRAPE TOMATOES RANCH DRESSING APPLE SLICES PEACH CUP CHOICE OF MILK</p>	<p>-30- WG FRENCH TOAST STICK WITH +TURKEY CHICKEN SAUSAGE PATTIES OR COLBY CHEESE EGG OMELET WG LARGE BLUEBERRY MUFFIN OR WG CHICKEN WING BITES WG BREADSTICKS/BUTTER OR WG PIZZA DIPPERS MARINARA SAUCE</p> <p>-AND- ROASTED DELI POTATOES FRESH BABY CARROTS KETCHUP / SYRUP 100% FRUIT JUICE FRESH FRUIT BOWL CHOICE OF MILK</p> <p>OR GRAB N GO SALAD: CHEF SALAD WG DINNER ROLLS / BUTTER DRESSING/CHOICE OF FRUIT CHOICE OF MILK</p> <p>GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK FRITOS OR *YOGURT CUP/CHEESE STICK WG LARGE SUNRISE MUFFIN</p> <p>AND 100% VEGETABLE JUICE FRESH BROCCOLI BUDS PINEAPPLE CUP CHOICE OF MILK</p>
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NUTRI-NOTE: \*=Pork +=Turkey. All meals include 1/2 pint of milk. Students may choose Skim or 1% White Milk at Breakfast, and Skim, 1% White Milk or Fat Free Chocolate Milk at Lunch. All Menus and Special Dietary Needs forms are available in 7 different languages, they can be found on the MPS Department of Nutrition Services webpage at: [mpsmke.com/nutrition](http://mpsmke.com/nutrition) Menu subject to change.

**“This institution is an equal opportunity provider.”**