



MENU

HS Week 20: 01.12.26-01.16.26	Monday	Tuesday	Wednesday	Thursday	Friday
	BBQ Beef Riblet Sandwich With Cheese Slice, Pickles and Onions Baked French Fries Or Baked Onion Rings	Chicken Quesadilla or Cheese Quesadilla (WG Tortilla, Grilled Chicken, Cheddar Cheese), Salsa, Sour Cream With Spanish Brown Rice Seasoned Black Beans	Sweet & Sour Chicken Popcorn Chicken With Brown Rice Steamed Broccoli	Pierogi's & Sausage Cheese & Potato Pierogi With Pork Sausage Peppers & Onions, Sour Cream Green Peas Garlic Bread Stick	Tiger Bowl Popcorn Chicken With Creamy Mashed Potatoes & Gravy Buttered Buttered Corn Dinner Roll
	Cheese Pizza Pepperoni Pizza Chicken Buffalo	Cheese Pizza Pepperoni Pizza Vegetable Pizza	Cheese Pizza Pepperoni Pizza Deluxe Pizza	Cheese Pizza Pepperoni Pizza Ranch Chicken Pizza	Cheese Pizza Pepperoni Pizza Meat Lovers
	Chicken Tenders Carrots Sticks Homemade Bread Stick Assorted Sauces	Boneless Wings Celery Sticks Homemade Dinner Roll Assorted Sauces	Chef Salad Chopped Romaine Red Onions, Black Olives, Cheddar Cheese, Hard Boiled Egg, Julienne Turkey And Turkey Ham Bread Stick	Chicken Tenders Carrots Sticks Homemade Bread Stick Assorted Sauces	Boneless Wings Celery Sticks Homemade Dinner Roll Assorted Sauces
	Chicken Filet Sandwich	Hamburger Cheeseburger Cheese Bosco Sticks with Marinara Sauce	Spicy Chicken Filet Sandwich	Hamburger Cheeseburger Mozzarella Sticks with Marinara Sauce	Chicken Filet Sandwich
	Choice of Seasoned Beef or Chicken Brown Rice, Cauliflower Rice, Black Beans, Pinto Beans, Sautéed Peppers and Onions, Queso, Corn Salsa, Tomato Salsa, Black Olives, Jalapeno Peppers, Shredded Cheese, Shredded Lettuce, and Sour Cream. Tortilla Chips or Tortilla Shells Served Daily	Choice of Seasoned Beef or Chicken Brown Rice, Cauliflower Rice, Black Beans, Pinto Beans, Sautéed Peppers and Onions, Queso, Corn Salsa, Tomato Salsa, Black Olives, Jalapeno Peppers, Shredded Cheese, Shredded Lettuce, and Sour Cream. Tortilla Chips or Tortilla Shells Served Daily	Choice of Seasoned Beef or Chicken Brown Rice, Cauliflower Rice, Black Beans, Pinto Beans, Sautéed Peppers and Onions, Queso, Corn Salsa, Tomato Salsa, Black Olives, Jalapeno Peppers, Shredded Cheese, Shredded Lettuce, and Sour Cream. Tortilla Chips or Tortilla Shells Served Daily	Choice of Seasoned Beef or Chicken Brown Rice, Cauliflower Rice, Black Beans, Pinto Beans, Sautéed Peppers and Onions, Queso, Corn Salsa, Tomato Salsa, Black Olives, Jalapeno Peppers, Shredded Cheese, Shredded Lettuce, and Sour Cream. Tortilla Chips or Tortilla Shells Served Daily	Choice of Seasoned Beef or Chicken Brown Rice, Cauliflower Rice, Black Beans, Pinto Beans, Sautéed Peppers and Onions, Queso, Corn Salsa, Tomato Salsa, Black Olives, Jalapeno Peppers, Shredded Cheese, Shredded Lettuce, and Sour Cream. Tortilla Chips or Tortilla Shells Served Daily
	<p>Fresh Salad Bar Options</p> <p>Adult Nutri-Bar: Chopped Romaine, Spring Mix, Cucumbers, Mushrooms, Black Olives, Beets, Garbanzo Beans, Tomatoes, Shredded Carrots, Red Onion, Broccoli, Roasted Cauliflower, Green and Red Peppers, Hummus, Pita Bread, Shredded Cheese, Cottage Cheese, Roasted Corn, Cranberries, Sunflower Seeds etc. Items may vary daily.</p> <p>Student Fresh Salad Bar: Chopped Romaine, Cucumbers, Tomatoes, Onions, Black Olives, Garbanzo Beans, Beets, Shredded Carrots, Peppers, Celery, Cranberries, Croutons, etc. Items may vary daily.</p> <p>Freshly Made Grab and Go Entrée Salads, Sub Sandwiches, Hummus Bistro Boxes, and Yogurt Parfaits Available Daily</p>				

Meal Choice Includes: Choice of One Entrée, Two Servings of Fresh Fruit and Vegetables, One Grain, or Bread, and One Low-Fat or Fat-Free Milk. Please discuss any food allergy issues concerning your child with the Resident Director. This Institution is an Equal Opportunity Provider.

