



Gateway
Great Food
Great Friends
Great Nutrition

MENU

Mountain Lakes High School Lunch Menu

SEPTMBER

	1 Choice of: 1. CHICKEN ALFREDO & GARLIC BREAD 2. TACO SALAD 3. DELI SANDWICH & CHIPS	2 Choice of: 1. PAPA MURPHY'S PIZZA 2. LASAGNA 3. CHICKEN SALAD SANDWICH & CHIPS	3 Choice of: 1. RIB-A-QUE SANDWICH & FRIES 2. MCMUFFIN & HASHBROWN 3. RAMEN CUP	4 Choice of: 1. ORANGE CHICKEN & RICE 2. NACHO CUP 3. RAVIOLOI & MARINARA
7 	8 Choice of: 1. MEATBALL SUB & MARINARA 2. FRENCH TOAST & SAUSAGE 3. MAC & CHEESE	9 Choice of: 1. PAPA MURPHY'S PIZZA 2. PINTOS & CHEESE W/ CHIPS 3. UNCRUSTABLE, STRING CHEESE & CHIPS	10 Choice of: 1. CIABATTA DELI SANDWICH 2. CHICKEN NUGGETS & TATER TOTS 3. HAWAIIAN SLIDERS	11 Choice of: 1. BBQ CHICKEN SANDWICH & BAKED BEANS 2. TERIYAKI CHICKEN & RICE 3. BREADED MOZZARELLA STICKS & MARINARA
14 Choice of: 1. TATER TOT CASSEROLE 2. COOKS CHOICE 3. BUFFALO CHICKEN WRAP	15 Choice of: 1. CHICKEN ALFREDO & GARLIC BREAD 2. TACO SALAD 3. DELI SANDWICH & CHIPS	16 Choice of: 1. PAPA MURPHY'S PIZZA 2. LASAGNA 3. CHICKEN SALAD SANDWICH & CHIPS	17 Choice of: 1. RIB-A-QUE SANDWICH & FRIES 2. MCMUFFIN & HASHBROWN 3. RAMEN CUP	18 Choice of: 1. ORANGE CHICKEN & RICE 2. NACHO CUP 3. RAVIOLOI & MARINARA
21 Choice of: 1. BEAN & CHEESE BURRITO 2. SPICY CHICKEN PATTY SANDWICH & FRIES 3. HOT DOG & FRIES	22 Choice of: 1. MEATBALL SUB & MARINARA 2. FRENCH TOAST & SAUSAGE 3. MAC & CHEESE	23 Choice of: 1. PAPA MURPHY'S PIZZA 2. PINTOS & CHEESE W/ CHIPS 3. UNCRUSTABLE, STRING CHEESE & CHIPS	24 Choice of: 1. CIABATTA DELI SANDWICH 2. CHICKEN NUGGETS & TATER TOTS 3. HAWAIIAN SLIDERS	25 Choice of: 1. BBQ CHICKEN SANDWICH & BAKED BEANS 2. TERIYAKI CHICKEN & RICE 3. BREADED MOZZARELLA STICKS & MARINARA BIRTHDAY TREAT
28 Choice of: 1. TATER TOT CASSEROLE 2. COOKS CHOICE 3. BUFFALO CHICKEN WRAP	29 Choice of: 1. CHICKEN ALFREDO & GARLIC BREAD 2. TACO SALAD 3. DELI SANDWICH & CHIPS	30 Choice of: 1. PAPA MURPHY'S PIZZA 2. LASAGNA 3. CHICKEN SALAD SANDWICH & CHIPS		

Choice of one entree per day.

All breakfasts are offered the following components:
1 Cup Milk, 1-2 Oz Grains, and 1 cup fruit.

Milk choices are 1% white or Fat Free Chocolate.
A variety of fruit and vegetables are offered each day

Menu is subject to change
This institution is an equal opportunity provider
Student meals provided at no charge
Adult lunch \$5.75
Adult breakfast \$4.25

Happy birthday to everyone with a birthday in August!
Birthday treat comes with hot lunch only.

