## High School Menu

August - September 2021
Menu is subject to change without prior notice.

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | August 30 | August 31 | September 1 | September 2 | September 3 |
| BREAKFAST | Breakfast Break (contains cereal bar, grahams \& juice) <br> Craisins <br> Milk | Savory Bread <br> Pear Cup $100 \%$ Fruit Juice <br> Milk | Oatmeal Chip Bar <br> Applesauce Cup $100 \%$ Fruit Juice <br> Milk | Chocolate Muffin <br> Peach Cup $100 \%$ Fruit Juice <br> Milk | Cereal Bar <br> Buddy's Fruit $100 \%$ Fruit Juice <br> Milk |
| LUNCH | Mozzarella Dippers <br> Ham \& Cheese Sub <br> Yogurt (8 ox.) \& Soft Pretzel <br> Marinara Cup <br> Corn <br> Applesauce Cup Fresh Fruit 100\% Fruit Juice | Hamburger/Cheeseburger on a <br> Bun <br> Turkey \& Cheese Sub <br> Yogurt Box \& Soft Pretzel <br> Baby Carrots <br> Baked Beans <br> Mandarin Orange Cup <br> Fresh Fruit 100\% Fruit Juice <br> Milk | Pizza (Cheese or Pepperoni) <br> Bologna \& Cheese Sub <br> Yogurt (8 ox.) \& Soft Pretzel <br> Fresh Broccoli Celery Sticks Mixed Fruit Cup Fresh Fruit 100\% Fruit Juice | Hot Dog on a Bun (1 or 2) <br> Assorted Deli Sandwiches <br> Yogurt (8 ox.) \& Soft Pretzel <br> Cherry Tomatoes Green Beans Pineapple Cup Fresh Fruit 100\% Fruit Juice <br> Milk | Chicken Nuggets w/ Grahams <br> Assorted Deli Sandwiches <br> Yogurt (8 ox.) \& Soft Pretzel <br> Manager's Choice Vegetable <br> Deli Potatoes <br> Assorted Fruit Cups <br> Fresh Fruit 100\% Fruit Juice <br> Milk |
|  | September 6 | September 7 | September 8 | September 9 | September 10 |
| BREAKFAST | Labor Day <br> No School | Professional Development Day No School | Breakfast Break (contains cereal bar, grahams \& juice) <br> Craisins <br> Milk | Cinnamon Roll <br> Peach Cup $100 \%$ Fruit Juice <br> Milk | Pop-Tart (2 pack) <br> Buddy's Fruit 100\% Fruit Juice <br> Milk |
| LUNCH | Labor Day <br> No School | Professional Development Day No School | Pizza (Cheese or Pepperoni) <br> Meat Eaters Pizza <br> Ham (Turkey) \& Cheese Sub <br> Yogurt (8 ox.) \& Soft Pretzel <br> Fresh Broccoli Celery Sticks Mixed Fruit Cup Fresh Fruit 100\% Fruit Juice <br> Milk | Hamburger/Cheeseburger on a Bun <br> Bologna \& Cheese Sub <br> Yogurt (8 ox.) \& Soft Pretzel <br> Cherry Tomatoes Green Beans Pineapple Cup Fresh Fruit 100\% Fruit Juice | Chicken Patty Sandwich <br> Assorted Deli Sandwiches <br> Yogurt (8 ox.) \& Soft Pretzel <br> Baked Beans <br> Seasoned Potato Wedges <br> Assorted Fruit Cups <br> Fresh Fruit 100\% Fruit Juice <br> Milk |


|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | September 13 | September 14 | September 15 | September 16 | September 17 |
| BREAKFAST | Breakfast Break (contains cereal bar, grahams \& juice) Breakfast Pizza Craisins $100 \%$ Fruit Juice Milk | Savory Bread Pancake Wrapped Sausage Pear Cup $100 \%$ Fruit Juice <br> Milk |  | Staff Professional Development Day Schools Closed | Cereal Bowl (2 oz.) $\mathbf{4 o z}$ Yogurt w/ Granola Manager's Choice Buddy's Fruit $100 \%$ Fruit Juice |
| LUNCH | Cheese \& Pepperoni (Turkey) Yogurt (8 oz.) \& Soft Pretzel <br> Gold Rush Juice Celery Sticks Fresh Fruit $100 \%$ Fruit Juice <br> Milk |  |  | $\underset{\substack{\text { Staff Professional } \\ \text { Development Iny } \\ \text { Schools } \\ \text { Slosed }}}{ }$ | Chicken Nuggets w/Grahams <br> Assorted Deli Sandwich <br> Yogurt (8 oz.) \& Soft Pretzel <br> Manager's Choice Vegetable <br> Seasoned Potato Wedges Assorted Fruit Cups Fresh Fruit $100 \%$ Fruit <br> 00\% Fruit Juice <br> Milk |
|  | September 20 | September 21 | September 22 | September 23 | September 24 |
| breakfast | Breakfast Break (contains cerea bar, grahams \& juice) Breakfast Pizza <br> Craisins <br> Craisins $100 \%$ Fruit Juice <br> Milk | $\begin{gathered} \text { Chocolate Muffin } \\ \text { Pancake Wrapped Sausage } \\ \text { Pear Cup } \\ 100 \% \text { Fruit Juice } \end{gathered}$ | $\begin{gathered} \text { Oatmeal Chip Bar } \\ \text { Breakfast Boat } \\ \\ \text { Applesauce Cup } \\ \text { 100\% Fruit Juice } \\ \text { Milk } \end{gathered}$ | Cinnamon Roll <br> ench Toast Sticks <br> Peach Cup $100 \%$ Fruit Juic <br> 100\% Fruit Juic <br> Milk |  <br>  mik |
| LUNCH | Ham \& Cheese Ripper <br> Sunbutter \& Jelly Sandwich <br> Yogurt (8 oz.) \& Soft Pretzel <br> Marinara Cup <br> Applesauce Cup <br> Fresh Fruit $100 \%$ Fruit Juice <br> Milk |  |  | Hot Dogs on Roll (1 or 2) <br> Bologna \& Cheese Sub Hummus Cup w/String Cheese <br> Baby Carrots <br> Baby Carrots Bold Baked Beans <br> Sliced Apples Fresh Fruit <br> 100\% Fruit Juic <br> Milk | Chicken Patty Sandwich <br> Assorted Deli Sandwich Yogurt (8 oz.) \& Soft Pretze Manager's Choice Vegetable Smiley Fries sorted Fruit Cup Fresh Fruit $100 \%$ Fruit Juice Milk |


|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | September 27 | September 28 | September 29 | September 30 | October 1 |
| BREAKFAST | Breakfast Break (contains cereal bar, grahams \& juice) Pancake Wrapped Sausage Craisins 100\% Fruit Juice Milk | Savory Bread Breakfast Pizza Pear Cup $100 \%$ Fruit Juice <br> Milk | Oatmeal Chip Bar <br> Pancake \& Sausage Sandwich Applesauce Cup 100\% Fruit Juice <br> Milk | Chocolate Muffin French Toast Sticks Peach Cup 100\% Fruit Juice <br> Milk | Cereal Bowl (2 oz.) <br> Manager's Choice Entrée Buddy's Fruit $100 \%$ Fruit Juice <br> Milk |
| LUNCH | Mozzarella Dippers <br> Sunbutter \& Jelly Sandwich <br> Yogurt (8 oz.) \& Soft Pretzel <br> Country Corn <br> Marinara Cup <br> Applesauce Cup <br> Fresh Fruit <br> $100 \%$ Fruit Juice <br> Milk | Hamburger/Cheeseburger on a Bun <br> Ham (Turkey) \& Cheese Sub <br> Hummus Cup w/String Cheese Or Sunflower Kernels <br> Yummy Baby Carrots Seasoned Potato Wedges Mandarin Orange Cup Fresh Fruit 100\% Fruit Juice <br> Milk | Pizza (Cheese or Pepperoni) <br> Or Meat Eaters Pizza <br> Turkey \& Cheese Sub <br> Yogurt (8 oz.) \& Soft Pretzel <br> Broccoli Florets Celery Sticks <br> Frozen Fruit Side Kick Fresh Fruit 100\% Fruit Juice <br> Milk | Rotini w/Meat Sauce Garlic Bread Stick Bologna \& Cheese Sub Hummus Cup w/String Cheese Or Sunflower Kernels Groovy Green Beans Cherry Tomatoes Sliced Apples Fresh Fruit 100\% Fruit Juice Milk | Chicken Nuggets w/ Grahams <br> Deli Sandwich <br> Yogurt (8 oz.) \& Soft Pretzel <br> Manager's Choice Vegetable <br> Baked Beans <br> Assorted Fruit Cups <br> Fresh Fruit 100\% Fruit Juice <br> Milk |

