




LUNCH MENU – Grab N’ Go – Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Meatball Sub w/ Cheese Broccoli/Cauliflower w/ Lowfat Dip Canned Fruit Craisins Milk
4 Pizza Carrots/Broccoli w/ Lowfat Dip Canned Fruit Fruit Juice Milk	5 Grilled Cheese on Whole Grain Bread Yogurt Carrots/Celery w/ Lowfat Dip Canned Fruit Fruit Juice Milk	6 Calzone w/ Sauce Cauliflower/Broccoli w/ Lowfat Dip Canned Fruit Fruit Juice Whole Grain Pretzel Milk	7 Chicken Fajita Wrap w/ Lettuce, Tomato, Cheese Salsa Beans Applesauce Baked Doritos Fresh Fruit Milk	8 Grilled Chicken Patty on Bun Baked Fries Celery w/ Lowfat Dip or Peanut Butter Fresh/Canned Fruit Graham Crackers Milk
11 Mini Corn Dog Broccoli/Cauliflower w/ Lowfat Dip Graham Crackers Canned Fruit Craisins Milk	12 Chicken Nuggets Celery w/ Lowfat Dip Mixed Vegetables Whole Wheat Bread Fresh/Canned Fruit Milk	13 Pizza Carrots/Broccoli w/ Lowfat Dip Canned Fruit Fresh Fruit Milk	14 Baked Ham Augartin Potatoes Green Beans Tangerine Fruit Juice Whole Wheat roll Homemade Dessert Milk	15 Breaded Chicken Patty on Whole Wheat Bun Lettuce, Tomato Baked Beans Carrots w/ Lowfat Dip Fresh/Canned Fruit Graham Crackers Milk

<p style="text-align: right;">18</p> <p>BBQ Chicken Drumsticks Carrots/Broccoli w/ Lowfat Dip Fresh Fruit Fruit Juice Whole Wheat Dinner Roll Milk</p>	<p style="text-align: right;">19</p> <p>Cheeseburger Lettuce and Tomato Baked Beans Graham Crackers Fresh Fruit Craisins Milk</p>	<p style="text-align: right;">20</p> <p>Hot Dog Baked Fries Carrots w/ Lowfat Dip Fresh Fruit Fruit Juice Chocolate or Butterscotch Bar Milk</p>	<p style="text-align: right;">21</p> <p>Pizza Celery w/ Lowfat Dip or Peanut Butter Mixed Vegetables Fresh Fruit Canned Fruit Milk</p>	<p style="text-align: right;">22</p> <p>No School – Christmas Break</p>
<p style="text-align: right;">25</p>  <p>No School – Christmas Day</p>	<p style="text-align: right;">26</p> <p>No School – Christmas Break</p>	<p style="text-align: right;">27</p> <p>No School – Christmas Break</p>	<p style="text-align: right;">28</p> <p>No School – Christmas Break</p>	<p style="text-align: right;">29</p> <p>No School – Christmas Break</p>

"This institution is an equal opportunity employer and provider."