





## LUNCH MENU – Grab N’ Go – Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> Pizza Carrots/Broccoli w/ Lowfat Dip Canned Fruit Fruit Juice Milk	<p style="text-align: right;">4</p> Chicken Tenders Cauliflower/Broccoli w/ Lowfat Dip Whole Wheat Dinner Roll Canned Fruit Fruit Juice Milk	<p style="text-align: right;">5</p> Calzone Romaine Salad w/ Lowfat Dressing Celery w/ Lowfat Dip Fresh Fruit/Craisins Whole Wheat Sugar Cookie Milk	<p style="text-align: right;">6</p> Chicken Fajita Wrap w/ Lettuce, Tomato, Cheese Salsa/Beans Applesauce Fresh Fruit Butterscotch Bar Milk	<p style="text-align: right;">7</p> Grilled Chicken Patty on Bun Baked Fries Carrots w/ Lowfat Dip Fresh Fruit Canned Fruit Graham Crackers Milk
<p style="text-align: right;">10</p> Mini Corn Dog Broccoli/Carrots w/ Lowfat Dip Graham Crackers Canned Fruit Craisins Milk	<p style="text-align: right;">11</p> Hot Ham and Cheese Lettuce and Tomato Celery w/ Lowfat Dip or Peanut Butter Canned Fruit Craisins Milk	<p style="text-align: right;">12</p> Breaded Chicken Patty on Whole Wheat Bun Baked Beans Lettuce/Tomato/Cauliflower w/ Lowfat Dip Fresh Fruit/Canned Fruit Graham Crackers Milk	<p style="text-align: right;">13</p> Beef Teriyaki Nuggets Baked Fries Fresh Cauliflower w/ Lowfat Dip Canned Fruit/Fruit Juice Whole Wheat Dinner Roll Milk	<p style="text-align: right;">14</p> Cheese Steak Sub Broccoli w/ Lowfat Dip Baby Carrots Fruit Juice Canned Fruit Milk
<p style="text-align: right;">17</p> Popcorn Chicken Baked Beans Celery w/ Lowfat Dip or Peanut Butter Canned Fruit Fresh Fruit Whole Wheat Dinner Roll Milk	<p style="text-align: right;">18</p> Chicken Nuggets Celery w/ Lowfat Dip Baked Fries Whole Wheat Bread Fresh Fruit Canned Fruit Milk	<p style="text-align: right;">19</p> Chicken Tenders Carrots/Broccoli w/ Lowfat Dip Canned Fruit Fresh Fruit Milk	<p style="text-align: right;">20</p> Baked Ham Au gartin Potatoes Green Beans Whole Wheat Dinner Roll Fresh Fruit Fruit Juice Homemade Dessert Milk	<p style="text-align: right;">21</p> Pizza Celery w/ Lowfat Dip Carrots Fresh Fruit Craisins Milk

<p style="text-align: right;">24</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;">31</p> <p>No School – Christmas Break</p>	<p style="text-align: right;">Jan 1</p>  <p>No School – New Year's Day</p>	<p style="text-align: right;">2</p> <p>Calzone Romaine Salad w/ Lowfat Dressing Celery w/ Lowfat Dip Fresh Fruit/Craisins Whole Wheat Sugar Cookie Milk</p>	<p style="text-align: right;">3</p> <p>Chicken Fajita Wrap w/ Lettuce, Tomato, Cheese Salsa Beans Applesauce Fresh Fruit Butterscotch Bar Milk</p>	<p style="text-align: right;">4</p> <p>Grilled Chicken Patty on Bun w/ Baked Fries Carrots w/ Lowfat Dip Fresh Fruit Canned Fruit Graham Crackers Milk</p>

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