



2018

LUNCH MENU – Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Cheeseburger Celery w/ Lowfat Dip or Peanut Butter Sweet Potato Fries Baked Doritos or Pretzels Fresh/Canned Fruit Milk</p>	<p>4</p> <p>Chicken Alfredo Steamed Broccoli Baby Carrots w/ Lowfat Dip Mandarin Oranges Craisins Whole Grain Breadstick w/ Cheese Milk</p>	<p>5</p> <p>Pork BBQ on Whole Wheat Bun Baked Fries Green Beans Grapes Fruit Juice Graham Crackers Milk</p>	<p>6</p> <p>Chicken Nuggets California Blend Carrots w/ Lowfat Dip Whole Wheat Dinner Roll Canned/Fresh Fruit Milk</p>	<p>7</p> <p>Taco Salad Salsa/Beans Tomato and Cucumbers Tortilla Chip Double Chocolate Bar Fresh Fruit Fruit Juice Milk</p>
<p>10</p> <p>Turkey and Cheese on Whole Grain Bread Carrots w/ Lowfat Dip Baked Beans Applesauce Fresh Fruit Milk</p>	<p>11</p> <p>Pizza Celery w/ Lowfat Dip or Peanut Butter Cooked Cauliflower Fresh Fruit Fruit Juice Milk</p>	<p>12</p> <p>Beef Stew Carrots/Broccoli w/ Lowfat Dip Diced Pineapples Fresh Fruit Cornbread Loaf Cheez Its Milk</p>	<p>13</p> <p>Hoagie Mixed Vegetables Baked Fries Fresh Fruit Fruit Juice Milk</p>	<p>14</p> <p>Chicken a la King over Whole Grain Biscuit Cooked Carrots Romaine Salad w/ Lowfat Dressing Canned/Fresh Fruit Milk</p>
<p>17</p> <p>Grilled Cheese on Whole Grain Bread Tomato Soup Romaine Salad w/ Lowfat Dressing Carrots w/ Lowfat Dip Applesauce/Fresh Fruit Milk</p>	<p>18</p> <p>Baked Chicken Baked Beans California Blend Diced Strawberries Fresh Fruit Whole Wheat Dinner Roll Milk</p>	<p>19</p> <p>Spaghetti w/ Meat Sauce Steamed Broccoli Carrots w/ Lowfat Dip or Peanut Butter Whole Grain Garlic Bread Fresh/Canned Fruit Milk</p>	<p>20</p> <p>Baked Ham Au gartin Potatoes Green Beans Whole Wheat Roll Fresh Fruit/Fruit Juice Homemade Dessert Milk</p>	<p>21</p> <p>Pizza Celery w/ Lowfat Dip Baby Carrots Fresh Fruit Craisins Milk</p>

<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>Popcorn Chicken Sweet Potato Fries Celery w/ Lowfat Dip or Peanut Butter Canned Fruit Fresh Fruit Whole Wheat Dinner Roll Milk</p>	<p style="text-align: right;">3</p> <p>Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Fresh Fruit Craisins Whole Wheat Dinner Roll Milk</p>	<p style="text-align: right;">4</p> <p>Pizza Carrots w/Lowfat Dip Salad w/ Tomato and Cucumbers Canned Fruit Fresh Fruit Graham Crackers Milk</p>

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