



FOOD FOCUS: Tomatoes

CAIRO JR/SR HIGH SCHOOL 9-12: September 3rd-7th, 2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

| | | | | | |
|---|-----------|---|---|---|---|
| American Classics | No School | Beef Nachos | Salisbury Steak | Cheeseburger Flatbread | Spaghetti |
| | Labor Day | | Dinner Rolls | | W/ Italian Meat Sauce |
| Sides For All Meals | | Tater Tots | Mashed Potatoes | Curly Fries | Seasoned Broccoli |
| | | | | | |
| Wild Greens | | Ham & Turkey Chef Salad w/ Croutons and Dinner Roll | Ham & Turkey Chef Salad w/ Croutons and Dinner Roll | Ham & Turkey Chef Salad w/ Croutons and Dinner Roll | Ham & Turkey Chef Salad w/ Croutons and Dinner Roll |
| | | | | | |
| 2 tomatoes | | Buffalo Pizza | Pepperoni Pizza | Beef Taco Pizza | Pepperoni Pizza |
| | | Cheese Pizza | Cheese Pizza | Cheese Pizza | Cheese Pizza |
| grill'd | | Classic American Cheeseburger | Crispy Chicken Sandwich | Spicy Chicken Sandwich | Corn Dog |
| | | | | | |
| extra extra | | Caesar Salad | Caesar Salad | Caesar Salad | Caesar Salad |
| | | Spicy Garbanzo Beans | Green Beans | Fresh Carrots | Cherry Tomatoes |
| | | Red Apple Halve | Pineapple Tidbits | Chilled Peaches | Luigi's Slush |
| | | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit |
| <p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes & one (1) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p style="text-align: center;">This Institution is an equal opportunity employer and provider. Menu may change without notice.</p> | | | | | |



FOOD FOCUS: Tomatoes

CAIRO Jr/Sr HIGH 9-12 SCHOOL: September 10 th - 14th,2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

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| American Classics | Turkey Hot Dog | Taco Nacho | Southern Style Pulled Pork Sandwich | Chicken Nuggets | Pepperoni Pizza |
| | Macaroni & Cheese | | | Dinner Roll | |
| Sides For All Meals | Baked Curly Fries | Tater Tots | Boston Baked Beans | Mashed Potatoes | Oven Fries |
| | | | | | |
| Wild Greens | Ham & Turkey Chef Salad/CROUTONS & Dinner Roll | Ham & Turkey Chef Salad/CROUTONS & Dinner Roll | Ham & Turkey Chef Salad/CROUTONS & Dinner Roll | Ham & Turkey Chef Salad/CROUTONS & Dinner Roll | Ham & Turkey Chef Salad/CROUTONS & Dinner Roll |
| | | | | | |
| 2 matc | Pepperoni Pizza | Pepperoni Pizza | Pepperoni Pizza | Pepperoni Pizza | Pepperoni Pizza |
| | Cheese Pizza | Buffalo Pizza | Cheese Pizza | Taco Pizza | Cheese Pizza |
| grill'd | Three Cheese Pretzel Sandwich | Classic American Cheeseburger | Crispy Chicken Sandwich | Spicy Chicken Sandwich | Corn Dog |
| | | | | | |
| extra extra | Lettuce & Tomato Salad | Lettuce & Tomato Salad | Lettuce & Tomato Salad | Lettuce & Tomato Salad | Lettuce & Tomato Salad |
| | Fresh Carrots | Fresh Cherry Tomatoes | Fresh Broccoli Florets | Seasoned Broccoli w/ Cheese | Marinated Cool Cucumbers |
| | Baked Apple Slices | Pineapple Tidbits | Chilled Peaches | Orange Juice | Rosy Applesauce |
| | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit |
| | | | | | |
| <p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes & two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p style="text-align: center;">This institution is an equal opportunity provider.</p> | | | | | |



FOOD FOCUS: Tomatoes

CAIRO Jr/Sr HIGH SCHOOL 9-12 September 17th-21th , 2018
LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

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|  American Classics  Sides For All Meals  Wild Greens  2 Vegetables  grill'd  extra extra | Popcorn Chicken | Taco Nachos | Mini Corn Dogs | Sloppy Joe on Bun | Asian Chicken Flatbread |
| | Dinner Roll | | | | |
| | Mashed Potatoes | Tater Tots | Curly Fries | Hash Brown Patty | Baked Oven Fries |
| | Ham & Turkey Chef Salad w/ Croutons & Dinner Roll | Ham & Turkey Chef Salad w/ Croutons & Dinner Roll | Ham & Turkey Chef Salad w/ Croutons & Dinner Roll | Ham & Turkey Chef Salad w/ Croutons & Dinner Roll | Ham & Turkey Chef Salad w/ Croutons & Dinner Roll |
| | Pepperoni Pizza | Pepperoni Pizza | Pepperoni Pizza | Pepperoni Pizza | Pepperoni Pizza |
| | Cheese Pizza | Buffalo Chicken Pizza | Cheese Pizza | Taco Pizza | Cheese Pizza |
| | Three Cheese Pretzel Sandwich | Cheeseburger | Crispy Chicken Sandwich | Spicy Chicken Sandwich | Corn Dog |
| | Caesar Salad | Caesar Salad | Caesar Salad | Caesar Salad | Caesar Salad |
| | Fresh Baby Carrots | Refried Beans | Fresh Broccoli | Fresh Grape Tomatoes | Marinated Cucumbers |
| | Baked Apple Slices | Chilled Peaches | Mandarin Oranges and Pineapples | Fruit Cocktail | Rosy Applesauce |
| | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit |
| | <p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes & two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p style="text-align: center;">This institution is an equal opportunity employer and provider.</p> | | | | |



FOOD FOCUS: Tomatoes

CAIRO Jr/Sr HIGH SCHOOL 9-12: September 24th-28th, 2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

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| American Classics | Chicken Parmesan | Beef Soft Shell Tacos | Cheese Stuffed Bread Sticks | Home-Style Meatloaf | Brooklyn Style Flatbread |
| | Dinner Roll | | Spaghetti Sauce | Dinner Roll | |
| Sides For All Meals | Baked Oven Fries | Tater Tots | Seasoned Corn | Garlic Mashed Potatoes | Savory Green Beans |
| | | | | | |
| Wild Greens | Ham & Turkey Chef Salad w/ Croutons & Dinner Roll | Ham & Turkey Chef Salad w/ Croutons & Dinner Roll | Ham & Turkey Chef Salad w/ Croutons & Dinner Roll | Ham & Turkey Chef Salad w/ Croutons & Dinner Roll | Ham & Turkey Chef Salad w/ Croutons & Dinner Roll |
| | | | | | |
| | Pepperoni Pizza | Pepperoni Pizza | Pepperoni Pizza | Pepperoni Pizza | Pepperoni Pizza |
| | Cheese Pizza | Buffalo Chicken Pizza | Cheese Pizza | Taco Pizza | Cheese Pizza |
| | Three Cheese Pretzel Sandwich | Cheeseburger | Crispy Chicken Sandwich | Spicy Chicken Sandwich | Corn Dog |
| | | | | | |
| | Lettuce & Tomato Salad | Lettuce & Tomato Salad | Lettuce & Tomato Salad | Lettuce & Tomato Salad | Lettuce & Tomato Salad |
| | Fresh Broccoli | Refried Beans | Fresh Baby Carrots | Marinated Cucumbers | Carrot and Celery Sticks |
| | Chilled Peaches | Mandarin Oranges & Pineapple Tidbits | Chilled Pears with Strawberries | Fresh Red Grapes | Luigi's Slush |
| | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit |
| <p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes & two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p style="text-align: center;">This institution is an opportunity provider.</p> | | | | | |