

# DB High School (12:15-1:13pm) ~ September 2019

**Pricing: Lunch \$2.70**

**Ala Carte prices range from \$.50 - \$3.50**

## LUNCH Menu for Week of SEPTEMBER 3rd thru SEPTEMBER 6th (Week 1) Lines 1, 2, and 3

Monday (W2D1)	Tuesday (W2D2)	Wednesday (W2D3)	Thursday (W2D4)	Friday (W2D5)
LABOR DAY  NO SCHOOL	Hot Dog with Chili(33) Tater Tots (16) Baked Beans (37) Creamy Coleslaw (9) Mixed Berry Cup(20)Banana(22)	Wings(7)&Sauce* Texas Toast(14) Crinkle Cut Fries (26) California Blend Veg(3) Celery/Carrot Cup(5) Fresh Strawberries (7)Craisins (28)	Cheesy Chicken Quesadilla (35) Southwestern Beans (23) Corn Niblets (16) Cucumber/Tomato Cup (3) Fruit Slushie(20)Blush Pears(23)	Wild Mikes Cheesy Bites (35) Marinara Sauce (6) Broccoli (5) Glazed Carrots (16) Baby Carrot Cups (8) Raisels (35) Fruit Gelatin (18)

## LUNCH Menu for Week of SEPTEMBER 9th thru SEPTEMBER 13th (Week 2) Lines 1, 2, and 3

Monday (W3D1)	Tuesday (W3D2)	Wednesday (W3D3)	Thursday (W3D4)	Friday (W2D5)
Chicken Nuggets (22) & Sauce * Mac-N- Cheese (17) Seasoned Green Beans (5) Baby Carrot Cups (8) Applesauce(13)Peach Cup(33)	Taco Salad (40) Corn Niblets (16) Black Beans (15) Fresh Vegetable Cup (3) Fruit Slushie(20) Banana (22))	Wings(7)&Sauce* Texas Toast(14) Sweet Potato Fries (25) Steamed Broccoli(5) Celery/Carrot Cup(5) Melon Cup (15) Craisins (28)	Corndog Nuggets (40) Pinto Beans (17) Roasted Potato Wedges (22) Creamy Coleslaw (9) Fruit Slushie(20)Blush Pears(23)	PARENT/TEACHER CONFERENCE  NO SCHOOL

## LUNCH Menu for Week of SEPTEMBER 16th thru SEPTEMBER 20th (Week 3) Lines 1, 2, and 3

Monday (W1D1)	Tuesday (W1D2)	Wednesday (W1D3)	Thursday (W1D4)	Friday (W1D5)
Big Chicken Sandwich (45) Seasoned Green Beans (5) Waffle Fries (19) Baby Carrot Cups (8) Applesauce(13) Fruit Slushie (20)	Bacon Cheeseburger (31) Tater Tots (16) Baked Beans (37) Garden Vegetable Cup (3) Peach Blueberry(18)Banana (22)	Wings(7)&Sauce* Texas Toast(14) Potato Wedges (15) California Blend Veg(3) Celery/Carrot Cup(5) Apple (12)Carmel(19) Raisels (35)	Cheese Sticks (48) Marinara (6) Steamed Broccoli(5) Glazed Carrots (16) Leafy Green Salad (2) Fruit Slushie(20)StrawberryCup(33)	Chick Poppers(17)Sauce*Roll (29) Mashed Potatoes (22) Buttered Baby Peas(15) Baby Carrot Cups (8) Fruit Gelatin (18) Craisins (28)

## LUNCH Menu for Week of SEPTEMBER 23th thru SEPTEMBER 27th (Week 1) Lines 1, 2, and 3

Monday (W2D1)	Tuesday (W2D2)	Wednesday (W2D3)	Thursday (W2D4)	Friday (W2D5)
Hot & Spicy Chicken Sandwich (45) Seasoned Green Beans (5) Waffle Fries (19) Baby Carrot Cups (8) Pineapple (19) Fruit Slushie (20)	Hot Dog with Chili(33) Tater Tots (16) Baked Beans (37) Creamy Coleslaw (9) Mixed Berry Cup(20)Banana(22)	Wings(7)&Sauce* Texas Toast(14) Crinkle Cut Fries (26) California Blend Veg(3) Celery/Carrot Cup(5) Apple (12)Carmel(19) Craisins (28)	Cheesy Chicken Quesadilla (35) Southwestern Beans (23) Corn Niblets (16) Cucumber/Tomato Cup (3) Fruit Slushie(20)Blush Pears(23)	Wild Mikes Cheesy Bites (35) Marinara Sauce (6) Broccoli (5) Glazed Carrots (16) Baby Carrot Cups (8) Raisels (35) Fruit Gelatin (18)

### KIOSK LUNCH CHOICES AVAILABLE DAILY (Activities Lobby, Soc Stud Pod)

### Cafe Express

<ul style="list-style-type: none"> <li>*Assorted Hot Entrees</li> <li>*Fruit &amp; Yogurt Parfaits (72)</li> <li>*Various Grab &amp; Go Salads</li> <li>*Fast Pack (46)/PBJ Fast Pack (86)</li> <li>*Assorted Sandwiches</li> </ul>	<ul style="list-style-type: none"> <li>*Fresh Baked Pizza (35-36)</li> <li>*Variety of Fruit &amp; Fresh Veggies</li> <li>*Chips, Asstd Grains, Cereal Bars</li> <li>*Rice Krispies, Baked Cookies(32)</li> <li>*Assortment of Milk and beverages</li> </ul>
<ul style="list-style-type: none"> <li>*Pizza (35-36)</li> <li>*Daily Entrée</li> <li>*Un crustable (33)</li> <li>*Fast Packs (40)</li> <li>*Fruit - Asstd.</li> <li>*Iced Mocha Latte (6) &amp; Sweet Tea(9)</li> </ul>	<ul style="list-style-type: none"> <li>*Veggies - Asstd.</li> <li>*WG Cookies (24) *Chips</li> <li>*Ice Cream/Frozen Yogurt</li> <li>*Dippin Dots</li> <li>*G2, Powerade</li> </ul>

**"This institution is an equal opportunity provider."**

**All breakfasts/lunches must contain a fruit or vegetable.**

**For more information about meals, nutrition, and our online payment system, visit our website at [www.k12k.com](http://www.k12k.com).**

**(Line 4) SUB SANDWICH STATION - SALAD BAR - BAKED POTATOES**

<b>Salad Bar \$2.70</b>	<b>CHEF SALAD ONLY</b>	*	<b>Sub Sandwich Station \$2.70</b>	<b>* Includes Chips</b>
(includes meat) (15)		*	Fresh Baked Sub Roll (32) with 2 oz Meat(s) of Choice:	
Assorted Grains - up to 2 choices		*	(Ham, Turkey, Roast Beef, Pastrami & Cheese)	
Fruit Choices - up to 2		*	Variety of Veggie Toppings and Condiments	
<b>*Loaded Baked Potato Entrée (40) -includes 2oz cheese, butter, &amp; sour cream* (pick up a fruit or milk to make a meal)</b>				

**Please note: The combination of the salad bar AND sandwich bar will result in ala carte pricing.**

## B R E A K F A S T

**BREAKFAST MENU (Cafeteria) Students must choose a fruit for meal pricing Breakfast Pricing: \$1.50**

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Biscuit (28) Apple juice / Fruit	Egg & Cheese Croissant (28) Orange Juice / Fruit	Sunrise Sausage & Egg Slider (28) Apple juice / Fruit	Ham Cheese Croissant (28) Orange Juice / Fruit	Chicken(9) Biscuit (28) Apple juice / Fruit

<b>Breakfast items offered on a daily basis:</b> Cereal (14-25) / Fruit (12-20) / Fruit Juice (13-19) Assorted Fruit (12-22)	<b>Rotating Alternate Breakfast Choices :</b> Poptart (37)/Muffin (23-28)/Cereal Bar (26-29)	<b>Milk choices offered with breakfast and lunch daily:</b> 1% milk (11) 1% Chocolate milk (24) / 1% Strawberry milk (22) FF White Milk (12)
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**\*\*2nd Chance Kiosk Breakfast - \$1.50 Served in Activities lobby, Soc Stud Pod & CTE Bldg \*\*Breakfast Meal includes a Juice and Fruit and Milk Choices\*\***

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Biscuit (28)	<b>Rotating</b> Banana Bread (44)/WG Donuts(41) Bfst Parfait(40)/Mini Pancakes(35) French Toast(22)/Syrup (31) Choc chip French Toast(35)	Ham/Cheese Croissant (28)	<b>Rotating</b> Banana Bread (44)/WG Donuts(41) Bfst Parfait(40)/Mini Pancakes(35) French Toast(22)/Syrup (31) Choc chip French Toast(35)	Chicken(9) Biscuit (28)

Numbers in parenthesis ( ) indicate the carb counts for the item listed \* Sauces range from 2-12 grams of Carbohydrate