

HIGH SCHOOL LUNCH

refresh. refuel. relax.

Sept 2019

2



3

Swt & Sour Popcorn
Chix/Rice
Steamed Peas /Carrots
Red Pepper Strips
Side Salad
Cantaloupe
Diced Pears
100% Apple Juice

4

Corndog
Seasoned Carrots
Fresh Zucchini SI
Side Salad
Fresh Apple
Diced Peaches
100% Grape Juice

5

Fish Filet w/ Mac 'n
Cheese
Kickin Pintos
Celery Sticks
Side Salad
Watermelon
Applesauce
100% Orange Juice

6

Chicken Spaghetti
Steamed Broccoli
Cucum./Tomato Salad
Side Salad
Fresh Fruit Mix
Pineapple Tidbits
100% Fruit Blend Juice

9

Chicken Drumstick/Roll
Mashed Potatoes
Fresh Broccoli
Side Salad
Fresh Orange
Fruit Mix
100% Fruit Blend Juice

10

Chix Parmesan/Pasta
Steamed Green Beans
Red Pepper strips
Side Salad
Cantaloupe
Diced Pears
100% Apple Juice

11

Bk Potato w/ Chil/Chz,
Soft Pretzel
Orange Glz Carrots
Fresh Zucchini
Side Salad
Fresh Apple
Diced Peaches
100% Grape Juice

12

Oriental Fried Rice w/
Eggroll
Baked Beans
Celery Sticks
Watermelon
Applesauce
100% Orange Juice

13

Pizza Stix w/ Marinara
Steamed Spinach
Fresh Baby Carrots
Side Salad
Fresh fruit Mix
Pineapple tidbits
100% Fruit Blend Juice

16

Fish Bites w/ Mac 'n
Cheese
Seasoned FF
Fresh Tomato Wdgd
Side Salad
Fresh Orange
Fruit Mix
100% Fruit Blend Juice

17

Philly Cheesesteak Melt
Roasted Cauliflower
Fresh Cucumber SI
Side salad
Cantaloupe
Diced Pears
100% Apple Jice

18

Cheese Ravioli w/ Garlic
Toast
Roasted Squash
Celery sticks
Side Salad
Fresh Apple
Diced Peaches
100% Grape Juice

19

Thai Chix Strips w/
Cilantro Rice
Campfire Beans
Baby Carrots
Side Salad
Watermelon
Applesauce
100% Orange Juice

20

Cajun Chili FF Bowl
Steamed Broccoli
Red Pepper Strips
Side Salad
Fresh Fruit Mix
Pineapple Tidbits
100% Fruit Blend Juice

23

Meatloaf /Brn Grvy/Roll
Seasoned Corn
Baby Carrots
Side Salad
Fresh Orange
Fruit Mix
100% Fruit Blend Juice

24

BBQ Pork Rib Sdw
Green Beans/Carrots
Red pepper Strips
Side Salad
Cantaloupe
Diced Pears
100% Apple Juice

25

Orange Popcorn Chix w/
LoMein
Swt Potato Bites
Fresh Zucchini SI
Side Salad
Fresh Apple
Diced Peaches
100 % Grape Juice

26

Chili w/ Corn Muffin
Charro Beans
Celery Sticks
Side Salad
Watermelon
Applesauce
100% Orange Juice

27

Chicken Tender Basket
Steamed Spinach
Coleslaw
Side Salad
Fresh Fruit Mix
Pineapple Tidbits
100% Fruit Blend Juice

30

Chicken Fried
Steak/Roll
Steamed Zucchini
Fresh Tomato Wedge
Side Salad
Fresh Orange
Fruit Mix
100% Fruit Blend Juice

Daily Rotation:

MTO Line-
M- Deli Bar
T- Mexican Bar
W- Deli Bar
Th- Italian Bar
F- Wing Bar

Daily's:

Snack Bar -Pizza
Line

Variety of Milk

Main Line Rotation:

M, W, F- Salads, Chix/Spicy
Chx Sdw

T, Th- Cheeseburger,
Popcorn Chix or
Nuggets/Roll

Don't forget to try your new MTO (Made-to-Order) theme bar.

**REMEMBER: TO PAY FOR YOUR BREAKFAST, LUNCH OR TO
ADD MONEY TO YOUR ACCOUNT SIMPLY GO TO
MYSCHOOLBUCKS.COM**

Menu is subject to change

**Rotation Salads will be posted in
the cafeteria.**