



FOOD FOCUS: Cranberries

CAIRO JR/SR HIGH SCHOOL 9-12: November 1st -2nd , 2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

American Classics				Pepperoni Pizza Pasta Bake	Chicken on the Beach
				Dinner Roll	over Rice
Sides For All Meals				Garlic Mashed Potatoes	Mexicali Corn
Wild Greens				Ham & Turkey Chef Salad w/ Croutons and Dinner Roll	Ham & Turkey Chef Salad w/ Croutons and Dinner Roll
2 tomatoes				Beef Taco Pizza	Pepperoni Pizza
				Cheese Pizza	Cheese Pizza
grill'd				Spicy Chicken Sandwich	Corn Dog
extra extra				Caesar Salad	Caesar Salad
				Fresh Carrots	Fresh Cherry Tomatoes
				Baked Apple Slices	Blue Raspberry Lemon Sidekick
				Fresh Whole Fruit	Fresh Whole Fruit

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.

This Institution is an equal opportunity employer and provider. Menu may change without notice.



FOOD FOCUS: Cranberries

CAIRO Jr/Sr HIGH 9-12 SCHOOL: November 5th - 9th, 2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

American Classics	Sloppy Joe on Bun	Soft Shell Taco	Homestyle Beef Chili	Chicken Nuggets	Pepperoni Pizza
		w/ Lettuce	Dinner Rolls	Dinner Roll	
Sides For All Meals	Seasoned Potato Wedges	Tater Tots	Baked Oven Fries	Mashed Potatoes	Savory Green Beans
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	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
	Cheese Pizza	Buffalo Chicken 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	Spinach Cranberry Salad	Spinach Cranberry Salad	Spinach Cranberry Salad	Spinach Cranberry Salad	Spinach Cranberry Salad
	Fresh Carrots	Seasoned Refried Beans	Fresh Broccoli Florets	Cherry Tomatoes	Marinated Cool Cucumbers
	Red Apple Halve	Pineapple Tidbits	Rosy Applesauce	Orange Juice	Kiwi Strawberry Sidkick
	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>This institution is an equal opportunity provider.</p>					



FOOD FOCUS: Cranberries

CAIRO Jr/Sr HIGH SCHOOL 9-12: November 12th-16th , 2018
LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

American Classics	Chicken Parmesan	Taco Nachos	Cheesestuffed Breadsticks	Pancakes w/ Syrup	Roasted Turkey w/ Gravy
	over Rotini Pasta		w/ marinara sauce	Pork Sausage Patties	Dinner Roll / Stuffing
Sides For All Meals	Garlic Mashed Potatoes	Tater Tots	Curly Fries	Hash Brown Patty	Mashed Potatoes
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	
	Cheese Pizza	Buffalo Chicken Pizza	Cheese Pizza	Taco Pizza	Cheese Pizza
	Three Cheese Pretzel Sandwich	Cheeseburger	Crispy Chicken Sandwich	Spicy Chicken Sandwich	
	Caesar Salad	Caesar Salad	Caesar Salad	Caesar Salad	Spinach Cranberry Salad
	Fresh Cherry Tomatoes	Refried Beans	Fresh Broccoli	Fresh Baby Carrots	Savory Green Beans
	Mixed Fruit	Chilled Peaches	Mandarin Oranges and Pineapples	Baked Apple Slices	Apple Cranberry Crisp
	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: CRANBERRIES

CAIRO Jr/Sr HIGH SCHOOL 9-12: November 19 th -23rd, 2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

American Classics	Chicken Tenders	Beef Soft Shell Tacos	No School	No School	No School
	Dinner Roll				
Sides For All Meals	Seasoned Potato Wedges	Tater Tots			
Wild Greens	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll			
	Pepperoni Pizza	Pepperoni Pizza			
	Cheese Pizza	Buffalo Chicken Pizza			
	Three Cheese Pretzel Sandwich	Cheeseburger			
	Lettuce & Tomato Salad	Lettuce & Tomato Salad			
	Fresh Broccoli	Refried Beans			
	Chilled Peaches	Mandarin Oranges & Pineapple Tidbits			
	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: CRANBERRIES

CAIRO Jr. Sr HIGH SCHOOL 9-12: NOVEMBER 26th -30th, 2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

<div style="font-size: 0.8em; margin-bottom: 10px;">American Classics</div> <div style="font-size: 0.8em; margin-bottom: 10px;">Sides For All Meals</div> <div style="font-size: 0.8em; margin-bottom: 10px;">Wild Greens</div> <div style="font-size: 2em; color: red; text-align: center; margin-bottom: 10px;">2</div> <div style="font-size: 1.5em; color: black; text-align: center; margin-bottom: 10px;">grill'd</div> <div style="font-size: 1.5em; color: green; text-align: center;">extra. extra</div>	Chicken Noodle Soup	Beef Nachos	Salisbury Steak	Turkey Cheddar Ciabatta	Classic Pepperoni Pizza
	Toasty Cheese Sandwich		Dinner Rolls		
	Seasoned Broccoli	Tater Tots	Mashed Potatoes	Savory Green Beans	Oven Baked Curly 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	
	Cheese Pizza	Buffalo Chicken Pizza	Cheese Pizza	Taco Pizza	Cheese Pizza
	Three Cheese Pretzel Sandwich	Cheeseburger	Crispy Chicken Sandwich	Spicy Chicken Sandwich	Corn Dog
	Spinch & Cranberry Salad	Spinch & Cranberry Salad	Spinch & Cranberry Salad	Caesar Salad	Spinch & Cranberry Salad
	Fresh Broccoli	Refried Beans	Fresh Carrots		Fresh Cherry Tomatoes
	Mixed Fruit	Fruit Punch Juice	Chilled Peaches	Baked Apple Slices	Blue Raspberry Lemon Sidekick
	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>				