

HIGH SCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3-Apr	4-Apr	5-Apr	6-Apr	7-Apr
WG Turkey Pepperoni Pizza Orange Fruit Mix Romaine Salad Mix Corn Choice of Milk FF Ranch/Italian Dressing OR CHOICE OF SALAD BAR	Chicken Taquito Meat in Salsa WG Flour Tortilla Mexican Rice Banana Fruit Salad Beans Avocado Choice of Milk OR CHOICE OF SALAD BAR	Diced Pork Meat WG Flour Tortilla Grapes Strawberries Beans Mexican Rice Choice of Milk Salsa OR CHOICE OF SALAD BAR	Bean Tostadas Mexican Rice Pear Mango Sliced Carrots Salsa Shredded Lettuce Choice of Milk RF Shredded Cheese OR CHOICE OF SALAD BAR	Chicken Fajitas WG Flour Tortilla Mexican Rice Orange Fruit Mix Beans Salsa Shredded Lettuce Choice of Milk OR CHOICE OF SALAD BAR
10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
Beef Fried Steak WG Dinner Roll Apple Orange Segments Mashed Potatoes Strawberries Choice of Milk LS Brown Gravy OR CHOICE OF SALAD BAR	Baked Chicken WG Dinner roll Banana Fruit Salad Mashed Potatoes Sliced Carrots Choice of Milk LS Chicken Gravy OR CHOICE OF SALAD BAR	BBQ Pulled Pork Sandwich WG Hamburger Bun Grapes Strawberries Broccoli Baked Beans Potato Trilater Choice of Milk Ketchup OR CHOICE OF SALAD BAR	Filet of Fish RF/RS Sliced American Cheese WG Hamburger Bun Pear Mango Broccoli French Fries Choice of Milk Ketchup	NO SCHOOL
17-Apr	18-Apr	19-Apr	20-Apr	21-Apr
Italian Sausage WG Hot Dog Bun Grapes Strawberries Corn Iceberg Salad Mix Choice of Milk FF Ranch/Italian Dressing OR CHOICE OF SALAD BAR	Chicken Taquito Meat in Salsa WG Flour Tortilla Mexican Rice Banana Fruit Salad Beans Avocado Choice of Milk OR CHOICE OF SALAD BAR	NO SCHOOL	LS Hamburger Patty WG Hamburger Bun Apple Orange Segments Broccoli Sweet Potato Fries Choice of Milk RF/RS Sliced American Cheese Ketchup/Mustard/Lite Mayo OR CHOICE OF SALAD BAR	WG Turkey Pepperoni Pizza Orange Fruit Mix Romaine Salad Mix Corn Choice of Milk FF Ranch/Italian Dressing OR CHOICE OF SALAD BAR
24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
Taco Salad w/Tortilla Chips Mexican Rice Orange Fruit Mix Beans Salsa Diced Tomato Shredded Lettuce Choice of Milk OR CHOICE OF SALAD BAR	WG Chicken Strips WWW Bread Apple Orange Segments Mashed Potatoes Strawberries Choice of Milk LS Chicken Gravy OR CHOICE OF SALAD BAR	Bean Tostadas Mexican Rice Pear Mango Sliced Carrots Salsa Shredded Lettuce Choice of Milk RF Shredded Cheese OR CHOICE OF SALAD BAR	Beef Fried Steak WG Dinner Roll Apple Orange Segments Mashed Potatoes Strawberries Choice of Milk LS Brown Gravy OR CHOICE OF SALAD BAR	LS Hamburger Patty WG Hamburger Bun Apple Orange Segments Broccoli Sweet Potato Fries Choice of Milk RF/RS Sliced American Cheese Ketchup/Mustard/Lite Mayo OR CHOICE OF SALAD BAR
				<u>Choice of Milk</u> 1% White Milk or Skim Chocolate Milk <u>Abbreviations</u> WG = Whole Grain WWW = White Whole Wheat WW = Whole Wheat RF = Reduced Fat RS = Reduced Sodium LS = Low Sodium