

# High School

## Complete Meal Price

MONDAY		13-Feb-17	
ENTREE	Hot Dogs Chicken Nuggets	3 oz 3 oz	
POTATO	Mashed Potatoes	.5 c	
Rice			
VEGETABLE	Corn Baked Beans	.5 c	
BREAD	WG Hot Dog Rolls WG Dinner Rolls	2 oz 2 oz	
TUESDAY		14-Feb-17	
ENTREE	Chicken Parm Penne Carbonara	3 oz 3 oz	
POTATO	Roasted Red Bliss	.5 c	
Rice			
VEGETABLE	Broccoli Rabe	.5 c	
BREAD	WG Dinner Rolls	2 oz	
WEDNESDAY		15-Feb-17	
ENTREE	Sausage and Peppers Pizza	3 oz 3 oz	
Potato	Au Gratin Potatoes	.5 c	
VEGETABLE	Brussel Sprouts	.5 c	
BREAD	WG Dinner Rolls	2 oz	
THURSDAY		16-Feb-17	
ENTREE	Mac and Cheese Turkey, Cheese Bacon Panini	3 oz 3 oz	
Potato	French Fries	.5 c	
VEGETABLE	Spaghetti Squash	.5 c	
BREAD	WG Dinner Rolls	2 oz	
FRIDAY		17-Feb-17	
ENTREE		3oz g/2 oz ch 3 oz	
POTATO		.5 c	
VEGETABLE		.5 c	
BREAD		2 oz	

Students: \$3.00

Faculty: \$3.50

1 entrée, veg., potato, bread,  
and low fat white or chocolate milk

### From the Deli Station

Assorted Sandwiches are available every day

Turkey and Cheese or Italian (3 oz meat/cheese)

All Sandwiches come with lettuce and tomato

served on variety of breads, including

Whole Wheat, Whole Grain White, and Whole Grain Rye

Salads available every day, can be used as Veg

Garden - 1 c Romaine and Mesclun,

1/4 c Red Peppers, Carrots, Cucumbers

Caesar - 1 c Romaine, Croutons, and Parm Cheese

3 Bean - 1 c Kidney, Garbanzo, and Black Beans

Quinoa - 1 c Quinoa, Corn, Tomatoes, Black Beans

(3/4 c Corn/Tomatoes, 1/4 c Quinoa/Beans)

### Fruits

Apples, Oranges, Bananas

Fruit Cups (1 c)

### This Week's Vegetables

**Dark** Romaine, Mesclun

Broccoli Rabe

**Red/Orange** Tomatoes, Carrots,

Spaghetti Squash

**Beans/Peas** Black, Kidney, Garbanzo

**Starchy** Potato, Corn

**Other** Brussel Sprouts

### Beverages

1% White Milk

Fat Free Chocolate Milk