

High School

Complete Meal Price

MONDAY	27-Nov-17_)		
ENTREE	Hot Dogs	3 oz	
	Cheese Tortellini	3 oz/2 oz gr	
POTATO	Mashed Potatoes	.5 c	
Rice			
VEGETABLE	Corn	.5 c	
	Baked Beans		
BREAD	WG Dinner Rolls	2 oz	
	WG Hot Dog Rolls	2 oz	
TUESDAY	28-Nov-17_)		
ENTREE	Crispy Chicken Sandwich	3 oz	
	Lasagna	3 oz	
POTATO	Roasted Potatoes	.5 c	
Rice			
VEGETABLE	Peas	.5 c	
BREAD	WG Dinner Rolls	2 oz	
WEDNESDA	29-Nov-17_)		
ENTREE	Dr. Pepper Meatballs	3 oz	
	Lentil Burritos	3 oz	
Potato		.5 c	
	Rice Pilaf		
VEGETABLE	Green Beans	.5 c	
BREAD	WG Dinner Rolls	2 oz	
THURSDAY	30-Nov-17_)		
ENTREE	Italian Foccia Sandwich	3 oz	
	Rib-B-Q s	3 oz	
Potato	French Fries	.5 c	
VEGETABLE	Lima Beans	.5 c	
BREAD	WG Dinner Rolls	2 oz	
	WG Hamburger Rolls		
FRIDAY	01-Dec-17_)		
ENTREE	Pizza	3oz g/2 oz ch	
	Fish Sticks	3 oz/2 oz gr	
POTATO	Au Gratin Potatoes	.5 c	
VEGETABLE	Mixed Veg	.5 c	
BREAD	WG Dinner Rolls	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

Red/Orange Tomatoes, Carrots,

Beans/Peas Black, Kidney, Garbanzo
Peas, Pinto Beans

Starchy Potato, Corn
Lima Beans

Other Green Beans

Beverages

1% White Milk
Fat Free Chocolate Milk