

# High School

## Complete Meal Price

| MONDAY    |   | 12-Sep-16    |  |
|-----------|---|--------------|--|
| ENTREE    | Hot Dogs<br>Fried Chicken                 | 3 oz<br>3 oz |  |
| POTATO    | Mashed Potatoes                           | .5 c         |  |
| Rice      |   |              |  |
| VEGETABLE | Corn                                      | .5 c         |  |
| BREAD     | WG Hot Dog Rolls                          | 2 oz         |  |
| TUESDAY   |   | 13-Sep-16    |  |
| ENTREE    | Chicken Parm<br>Tortellini Alfredo        | 3 oz<br>3 oz |  |
| POTATO    | Roasted Potatoes                          | .5 c         |  |
| Rice      |   |              |  |
| VEGETABLE | Cauliflower                               | .5 c         |  |
| BREAD     | Bread Sticks                              | 2 oz         |  |
| WEDNESDAY |   | 14-Sep-16    |  |
| ENTREE    | Pork Tenderloin<br>Grilled Cheese w Bacon | 3 oz<br>3 oz |  |
| Potato    | Rice Pilaf                                | .5 c         |  |
| VEGETABLE | Zuchini                                   | .5 c         |  |
| BREAD     | WG Dinner                                 | 2 oz         |  |
| THURSDAY  |   | 15-Sep-16    |  |
| ENTREE    | Sausage and Peppers<br>Chicken Enchiladas | 3 oz<br>3 oz |  |
| Potato    | Spanish Rice                              | .5 c         |  |
| VEGETABLE | Glazed Carrots                            | .5 c         |  |
| BREAD     | WG Rolls                                  | 2 oz         |  |
| FRIDAY    |   | 16-Sep-16    |  |
| ENTREE    | Pizzas<br>Clam Strips                     | 3 oz<br>3 oz |  |
| 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

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)

### Available Every day

Plain or Whole Wheat bagels

Granola Bars

### This Week's Vegetables

**Dark** Romaine, Mesclun  
Broccoli

**Red/Orange** Tomatoes, Carrots,

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

**Starchy** Potato, Corn  
Peas,

**Other** Cucumbers  
Cauliflower  
Zuchini

### Beverages

1% White Milk

Fat Free Chocolate Milk

### Soup

Homemade soup available daily