

Guidelines for secondary students: milk, vegetables, fruit or 100% juices are offered at every meal; cereal, milk and 100% fruit juices are available every morning.

SEPTEMBER 2018

High School

Daily Selection of Entrees: Pizza, Entrée Salads, Assorted Deli Sandwiches, Yogurt, Choice of Fresh Fruits and Steamed Vegetables

Monday

SCHOOLS CLOSED 3
LABOR DAY HOLIDAY



Tuesday

Grab 'n Go Breakfast 4

French Toast Stix w/Syrup
Sausage Patty, Tator Tots
Fresh Strawberries

Alt: Daily Selection of Entrees

Wednesday

Grab 'n Go Breakfast 5

Bulldog Bowl
Popcorn Chicken, Corn,
Mashed Potatoes

Alt: Daily Selection of Entrees

Thursday

Grab 'n Go Breakfast 6

BBQ on WG Roll
Baked Beans
Creamed Cabbage

Alt: Daily Selection of Entrees

Friday

Grab 'n Go Breakfast 7

Calzone
w/Marinara Sauce
Steamed Carrot Coins

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 10

Chicken Patty on WG Roll
Spinach Salad
Sweet Potato Fries

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 11

Cheeseburger
Cucumbers, Celery & Carrots
with Dip, Onion Rings

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 12

Grilled BBQ Chicken
Pierogies
Baked Beans, Applesauce

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 13

Walking Taco in a Bag
Lettuce, Tomato, Sour Cream
Salsa w/Black Beans

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 14

Beef Rigatoni
w/Sauce and Cheese
Tossed Salad, Breadstick

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 17

Sweet & Sour Meatball
Lo Mein, Green Onions,
Colored Peppers, Mandarin
Oranges

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 18

Chicken Tenders w/Sauce
Baked Beans, Grilled Zucchini
Soft Pretzel

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 19

Hot Dog on WG Roll
Macaroni & Cheese
Stewed Tomatoes

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 20

Bulldog Bowl
Popcorn Chicken, Corn,
Mashed Potatoes

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 21

Chicken Parmesan on WG Roll
Side of Pasta
Steamed Broccoli

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 24

Cheesesteak Sandwich
French Fries
Steamed Green Beans

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 25

Grilled Cheese Sandwich
Tomato Soup, Cauliflower
Goldfish Crackers

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 26

Chicken Fajita w/Sautéed
Peppers and Onions
Santa Fe Rice

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 27

French Toast w/Syrup
Hash Brown Triangles,
Sausage, Strawberries

Alt: Daily Selection of Entrees

Grab 'n Go Breakfast 28

Mozzarella Filled Twisted
Dough Breadstick w/Marinara
Sauce, Romaine Salad

Alt: Daily Selection of Entrees

Breakfast: \$1.95
Lunch: \$2.90

Reduced Breakfast: \$0.30
Reduced Lunch: \$0.40

Included with all meals is a choice of: Fruit, Juice, or Milk.
Menu is subject to availability and change without notice.

