

Week 3 Date: High School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Entrees: Choose 1 or 2	Entrees: Choose 1 or 2	Entrees: Choose 1 or 2	Entrees: Choose 1 or 2	Entrees: Choose 1 or 2
Curry Chicken/Rice	**Pasta / Meatsauce/ Dinner Roll	*Taco Lasagna	**Beef - A- Roni / Roll (1)	**Beef Nachos w/Cheese Bowl
	Cheese Quesadilla	Chicken Taco/Rice or Tortilla	Egg Roll / Fried Rice	Fish / Bun/Rice/Rolls (2)/Tortillas (2)
Daily:	Daily:	Daily:	Daily:	Daily:
Vegan Bowl (Rice & Beans)	Vegan Bowl (Rice & Beans)	Vegan Bowl (Rice & Beans)	Vegan Bowl (Rice & Beans)	Vegan Bowl (Rice & Beans)
Wraps / Subs: Choose 2 or 3	Wraps / Subs: Choose 2 or 3	Wraps / Subs: Choose 2 or 3	Wraps / Subs: Choose 2 or 3	Wraps / Subs: Choose 2 or 3
**Hot Italian Sub	Meat Ball Sub	Hot Italian Sub	Cuban Sandwich - Flatbread	Crispy Chicken / Buffalo
Turkey Ham/Cheese	Crispy Chicken / Buffalo	Turkey Ham/Cheese	Crispy Chicken / Buffalo	Turkey Ham/Cheese
Turkey/Cheese	Turkey Ham/Cheese	Turkey/Cheese	Turkey Ham/Cheese	Turkey/Cheese
Combo	Turkey/Cheese	Combo	Turkey/Cheese	Combo
Tuna	Combo	Tuna	Combo	Tuna
	Tuna	***Roasted Vegetable Hummus Wrap	Tuna	
Salads: Crackers or Rolls	Salads: Crackers or Rolls	Salads: Crackers or Rolls	Salads: Crackers or Rolls	Salads: Crackers or Rolls
1 vegan + 2 additional choices	1 vegan + 2 additional choices	1 vegan / 1 vegetarian + 1 choice	1 vegan + 2 additional choices	1 vegan / 1 vegetarian + 1 choice
Kale Asian Salad		Kale Asian Salad		
Grill: Choose 1 or 2	Grill: Choose 1 or 2	Grill: Choose 1 or 2	Grill: Choose 1 or 2	Grill: Choose 1 or 2
Chicken Patty / Chicken Slider	Hamburger / Cheeseburger	Chicken Patty / Chicken Slider	Hamburger / Cheeseburger	Chicken Patty / Chicken Slider
Chicken Tenders / Rolls (2)	Chicken Tenders / Rolls (2)		Chicken Tenders / Rolls (2)	
Pizza:	Pizza:	Pizza:	Pizza:	Pizza:
Pepperoni / Cheese pizza	Pepperoni / Cheese pizza	Pepperoni / Cheese pizza	Pepperoni / Cheese pizza	Pepperoni / Cheese pizza
Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza
Fruits:	Fruits:	Fruits:	Fruits:	Fruits:
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Peaches	Apricots	Frozen Strawberry	Pears	Mixed Fuit
Juice	Juice	Juice	Juice	Juice
Vegetables:	Vegetables:	Vegetables:	Vegetables:	Vegetables:
Fresh Green Beans*	Steamed Broccoli*	California Blend	Fresh Green Beans	Au Gratin Potato*
Sweet Potato Wedges * or	Italian Blend Vegetables*	Roasted Dill Carrots *	Fresh Corn Cobbettes/Corn*	Latin Style Black Beans *
Sweet Potato Waffle*	Potato Seasoned Fries	Potato Seasoned Fries	Sweet Potato Wedges*/Potato Waffle	Potato Wedge/Potato Smiles
Romaine Lettuce/Tomato	Romaine Lettuce/Tomato	Romaine Lettuce/Tomato	Romaine Lettuce/Tomato	Romaine Lettuce/Tomato
Cold Line:	Cold Line:	Cold Line:	Cold Line:	Cold Line:
Baby Carrots*	Broccoli & Cucumber Salad*	Baby Carrots*	Zucchini & Yellow Squash Salad*	Black Beans* / Grape Tomatoes*