



April 2019

HIGH SCHOOL LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><u>Hot n Spicy Popcorn Chicken</u> <u>Golden Crispy Chicken Nuggets</u> Mashed Potatoes Green Bean Casserole Chilled Mixed Fruit Roll/Cream Gravy</p>	<p>2</p> <p><u>Beefy Fiesta Pasta</u> <u>Chicken Parmesan Bites w/ Spaghetti</u> Italian Blend Vegetables Carrot Sticks W/ Ranch 100% Fruit Slush Cup Garlic Bread Stick</p>	<p>3</p> <p><u>Frito Pie</u> <u>Baked Potato Bar</u> BBQ Pulled Pork/Chicken Tenders Cheesy Broccoli Fruit of The Month/Mandarin Oranges Green Onions/ Shredded Cheese/ Sour Cream Cinnamon Rolls</p>	<p>4</p> <p><u>Beefy Nacho</u> <u>Chicken Chipotle Pasta</u> Cilantro Rice/Charro Beans Mexican Street Corn Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno/Salsa/Sour Cream</p>	<p>5</p> <p><u>Shrimp Po Boy Sandwich</u> <u>Chicken Fried Steak Sandwich</u> Crispy Tator Tots Cucumber Chips Chilled Pineapple Tidbits Ketchup/Mustard/Mayo</p>
<p>8</p> <p><u>Cheesy Chicken MAC</u> <u>Tator Tot Casserole</u> Glazed Orange Carrots Green Peas Chilled Pineapples WG Rolls Strawberry Short Cake</p>	<p>9</p> <p><u>Noodle Bowl</u> Noodles Diced Chicken/ Smoked Sausage Shredded Cheese/Green Onions/Hot Sauce Chicken Broth Asian Stir-Fry Cabbage 100% Fruit Slush Cup Egg Roll WG Roll</p>	<p>10</p> <p><u>WQS Bistro</u> <u>½ Sandwich-Small Chef Salad-WG</u> <u>Chips</u> <u>Loaded Baked Potato-Small Chef Salad</u> <u>Soup n Salad</u> Broccoli & Cheese Soup-Small Chef Salad- Garlic Bread Stick Seasoned Corn Fruit of The Month/Chilled Peaches</p>	<p>11</p> <p><u>Build Your Burrito</u> <u>Ground Beef/ Fajita Chicken</u> <u>Cheese Sauce</u> <u>8in Flour Tortillas</u> Spanish Rice / Refried Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Salsa /Jalapeno/Sour Cream Pico De Gallo/Shredded Cheese</p>	<p>12</p> <p><u>Kickin BBQ Chicken Sandwich</u> <u>Fish Taco's</u> Baked Beans Seasoned French Fries Burger Salad Orange Fruited Jello Ketchup/Mustard/Mayo</p>
<p>15</p> <p><u>Baked Chicken</u> <u>Salisbury Steak</u> Home-style Mashed Potatoes Southern Style Turnip Greens Chilled Mixed Fruit Corn Bread Sugar Cookie</p>	<p>16</p> <p><u>Cajun Red Beans & Rice w/ Sausage</u> <u>Chicken & Sausage Gumbo w/ Rice</u> Creole Green Beans Carrot Sticks 100% Fruit Slush Cup Crackers</p>	<p>17</p> <p><u>Frito Pie</u> <u>Grilled Cheese Sandwich</u> Tomato Vegetable Soup Seasoned Corn Fruit of The Month/Chilled Mandarin</p>	<p>18</p> <p><u>Chicken Fajita Nachos</u> <u>Smothered Burrito</u> Spanish Rice Santa Fe Blend Veggies Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno/Salsa/Sour Cream</p>	<p>19</p> <p>STUDENT HOLIDAY</p>
<p>22</p> <p>SCHOOL HOLIDAY</p>	<p>23</p> <p><u>Creamy Chicken Alfredo</u> <u>Spaghetti W/Zest Meat Sauce</u> Italian Green Beans Glazed Carrots 100% Fruit Slush Cup</p>	<p>24</p> <p><u>WQS Bistro</u> <u>½ Sandwich-Small Chef Salad-WG</u> <u>Chips</u> <u>Loaded Baked Potato-Small Chef Salad</u> <u>Soup n Salad</u> Broccoli & Cheese Soup-Small Chef Salad- Garlic Bread Stick Corn On Cobb Fruit of The Month/Chilled Mixed Fruit Green Onions/ Shredded Cheese/ Sour Cream Cinnamon Rolls</p>	<p>25</p> <p><u>Chicken Cantina Bowl</u> <u>Crispy Beef Tacos (2)</u> Spanish Rice/Charro Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa / Shredded Cheese/Sour Cream</p>	<p>26</p> <p><u>Jalapeno Popper Chicken Sandwich</u> <u>Krunchy Fish Sandwich</u> Sweet Potato Fries Burger Salad Chilled Tropical Fruit Ketchup/Mayo/Mustard</p>
<p>29</p> <p><u>Cheesy Chicken & Rice</u> <u>BBQ Meatballs W/Steamed Rice</u> California Blend Vegetables Chilled Peaches WG Rolls Chocolate Chip Cookie</p>	<p>30</p> <p><u>Asian Sweet-N-Sour Chicken</u> <u>W/ Fried Rice</u> <u>Chicken Fried Rice</u> Stir-Fry Cabbage 100% Fruit Slush Cup WG Rolls</p>			

Offered Daily

- Grilled Cheese Sandwich
- Seasonal- Fresh Fruit
- 1% White Or Fat Free Flavored Milk
- Romaine Garden Salad
- Buttermilk Ranch Dressing

