



# JR HIGH & HIGH SCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>Restaurant Style Pizza</u> 1 Pepperoni/Cheese <u>Baked Potato Bar</u> Diced Ham/ Cheesy Chicken Seasoned Corn Beef Vegetable Soup Green Onions/Shredded Cheese/Sour Cream Fruit of The Month/Blushing Pears	<u>Cheesy Chicken</u> 2 <u>Quesadilla</u> <u>Tamale Pie</u> Refried Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno/Salsa	<u>Chicken &amp; Waffles</u> 3 <u>Crispy Fish Nuggets W/ Roll</u> Hash Browns Veggie Cup Rosy Applesauce Syrup
<u>Hot n Spicy Popcorn</u> 6 <u>Chicken</u> <u>Golden Crispy Chicken</u> <u>Nuggets</u> Mashed Potatoes Green Bean Casserole Chilled Mixed Fruit Roll/Cream Gravy Strawberry Shortcake	<u>Beefy Fiesta Pasta</u> 7 <u>Chicken Parmesan</u> <u>Bites w/ Spaghetti</u> Italian Blend Vegetables Carrot Sticks W/ Ranch 100% Fruit Slush Cup Garlic Bread Stick	<u>Personal Pan Pizza</u> 8 Pepperoni/Cheese <u>Frito Pie</u> Cheesy Broccoli Cucumber and Tomato Salad Fruit of The Month/Mandarin Oranges	<u>Beefy Nacho</u> 9 <u>Chicken Chipotle Pasta</u> Cilantro Rice/Charro Beans Mexican Street Corn Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno/Salsa	<u>Shrimp Po Boy</u> 10 <u>Sandwich</u> <u>Chicken Fried Steak</u> <u>Sandwich</u> Crispy Tator Tots Cucumber Chips Chilled Pineapple Tidbits Ketchup/Mustard/Mayo
<u>Cheesy Chicken MAC</u> 13 <u>Tator Tot Casserole</u> Glazed Orange Carrots Green Peas Chilled Pineapples WG Rolls	<u>Sweet-N-Sour</u> 14 <u>Meatballs</u> <u>Chicken Lo Mein</u> Steamed Rice Asian Stir-Fry Vegetables 100% Fruit Slush Cup WG Roll	<u>WQS Bistro</u> 15 <u>½ Sandwich-Small Chef Salad-</u> <u>WG Chips</u> <u>Restaurant Style Pizza</u> Pepperoni/Cheese/Bufalo Wing Broccoli & Cheese Soup Small Chef Salad- Garlic Bread Stick Seasoned Corn Fruit of The Month/Chilled Peaches	<u>Build Your Burrito</u> 16 <u>Ground Beef/ Fajita</u> <u>Chicken</u> <u>Cheese Sauce</u> <u>8in Flour Tortillas</u> Spanish Rice / Refried Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Salsa /Jalapeno Pico De Gallo/Shredded Cheese	<u>Kickin BBQ Chicken</u> 17 <u>Sandwich</u> <u>Fish Taco's</u> Baked Beans Seasoned French Fries Burger Salad Chilled Peach Cup Ketchup/Mustard/Mayo
<u>Baked Chicken</u> 20 <u>Salisbury Steak</u> Home-style Mashed Potatoes Southern Style Turnip Greens Chilled Mixed Fruit Corn Bread Sugar Cookie	<u>Cajun Red Beans &amp;</u> 21 <u>Rice w/ Sausage</u> <u>Chicken &amp; Sausage</u> <u>Gumbo w/ Rice</u> Creole Green Beans Carrot Sticks 100% Fruit Slush Cup Crackers	<u>Restaurant Style Pizza</u> 22 Pepperoni/Cheese/Hamburger <u>Grilled Cheese Sandwich</u> Tomato Vegetable Soup Seasoned Corn Fruit of The Month/Chilled Mandarin	<u>Chicken Fajita Nachos</u> 23 <u>Smothered Burrito</u> Spanish Rice Santa Fe Blend Veggies Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno/Salsa	<b>NO</b> 24 <b>SCHOOL</b> <b>(GRADUATION DAY)</b>

## BASKETS

## Salad Grab n Go

## CREATIVE WORKS

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Chicken Nuggets W/ Roll</u> Ketchup	<u>Chicken Strip Sandwich</u> Seasoned Fries Mayo, Mustard, Ketchup	<u>Turkey Sandwich</u> Deli Salad Baked Chips Mayo, Mustard, Ketchup	<u>Corn Dog</u> Baked Chips Ketchup, Mayo, Mustard	<u>Mac Rib Sandwich</u> Fries Mayo, Mustard, Ketchup
Yogurt and Cheese Plate	<u>Ham Chef Salad</u>	<u>Ham &amp; Cheese Protein Pack</u>	<u>Frito's Loco Beef Taco Salad</u>	<u>Chef Salad w/Tuna</u>
<u>Top Your Own Salad</u> Romaine and Spinach Popcorn Chicken/Diced Ham/Chicken Fajita Shredded Carrots/Red Onions/Tomatoes/Cucumbers Shredded Cheese/Black Olives Crackers/Garlic Breadstick	<u>Build Your Own Rice Bowl</u> Steamed Rice Cheesy Chicken/BBQ Meatballs Shredded Cheese Tortilla Chips /Roll Lettuce W/ Diced Tomatoes Black Bean And Corn Salad Salsa / Jalapeno/ Green Onions	<u>Top N Go</u> <u>Tortilla Chips/Doritos</u> Taco Beef/Chicken Fajita Cheese Sauce Spanish Rice/Refried Beans Lettuce W/ Diced Tomatoes Salsa / Jalapeno	<u>Mac N Cheese Explosion</u> Cheddar Mac N Cheese Three Cheese Mac N Cheese Ground Beef/ Chicken Fajita/ Buffalo Chicken Garlic Bread Stick Sautéed Spinach Siracha Sauce Salsa/ Salsa Verde	<u>Asian Wok</u> <u>Grilled Chicken</u> <u>Popcorn Chicken</u> Zesty Orange Sauce Sweet & Sour Sauce Teriyaki Sauce Steamed Rice/Noodles Asian Stir-Fry/Orange Green Beans

### Offered Daily

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

**\*\*Due to caloric intake regulations, Jr. High Students may not be serve certain condiments/items.\*\***

**This product is funded by USDA. This institution is an equal opportunity**