

# High School

## Complete Meal Price

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 (3 oz meat/cheese)

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)

### This Week's Vegetables

**Dark** Romaine, Mesclun

**Red/Orange** Tomatoes, Carrots,  
Butternut Squash

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

**Starchy** Potato, Corn

**Other** V-8  
Brussel Sprouts

### Beverages

1% White Milk

Fat Free Chocolate Milk

<b>MONDAY</b>	<b>22-Oct-18_)</b>		
ENTREE	Hamburgers	3 oz	
	Beef Stew	3 oz/2 oz gr	
POTATO	Mashed Potatoes	.5 c	
Rice			
VEGETABLE	Corn	.5 c	
	Baked Beans		
BREAD	WG Hamburger ROLLS	2 oz	
	WG Dinner Rolls	2 oz	
<b>TUESDAY</b>	<b>23-Oct-18_)</b>		
ENTREE	Chicken Parm	3 oz	
	Pasta with Coral Sauce	3 oz	
POTATO	Roasted Potatoes	.5 c	
Rice			
VEGETABLE	Butternut Squash	.5 c	
BREAD	WG Dinner Rolls	2 oz	
<b>WEDNESDA</b>	<b>24-Oct-18_)</b>		
ENTREE	Pastrami Sandwich	3 oz	
	Corned Beef Sandwich	3 oz	
Potato		.5 c	
	Onion Rings		
VEGETABLE	Fried Green Tomatoes	.5 c	
BREAD	WG Dinner Rolls	2 oz	
<b>THURSDAY</b>	<b>25-Oct-18_)</b>		
ENTREE	Rosemary Chicken	3 oz	
	Sloppy Joes	3 oz	
Potato		.5 c	
	Rice		
VEGETABLE	Brussel Sprouts	.5 c	
BREAD	WG Dinner Rolls	2 oz	
<b>FRIDAY</b>	<b>12-Oct-18_)</b>		
ENTREE	Pizza	3oz g/2 oz ch	
	Fish Sticks	3 oz/2 oz gr	
POTATO	Au Gratin Potatoes	.5 c	
VEGETABLE	Mixed Veg	.5 c	
BREAD	WG Dinner Rolls	2 oz	