

# 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

Broccoli

**Red/Orange** Tomatoes, Carrots,

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

Peas, Lima

**Starchy** Potato, Corn

**Other** V-8

Cauliflower

Brussel Sprouts

### Beverages

1% White Milk

Fat Free Chocolate Milk

<b>MONDAY</b>	10-Sep-18_)		
ENTREE	Hamburger	3 oz	
	Chicken Tenders	3 oz/2 oz gr	
POTATO	Mashed Potatoes	.5 c	
Rice			
VEGETABLE	Corn	.5 c	
BREAD	WG Hamburger Rolls	2 oz	
	WG Dinner Rolls	2 oz	
<b>TUESDAY</b>	11-Sep-18_)		
ENTREE	Sausage and Peppers	3 oz	
	Baked Ziti	3 oz	
POTATO	Roasted Red Bliss	.5 c	
Rice			
VEGETABLE	Broccoli	.5 c	
BREAD	WG Dinner Rolls	2 oz	
<b>WEDNESDA</b>	12-Sep-18_)		
ENTREE	Penne Carbonara	3 oz	
	Chicken Parm	3 oz	
Potato	Potato Ghatto	.5 c	
VEGETABLE	Brussel Sprouts	.5 c	
BREAD	WG Dinner Rolls	2 oz	
<b>THURSDAY</b>	13-Sep-18_)		
ENTREE	Italian Meatballs	3 oz	
	Porkroll, Egg, Cheese	3 oz	
Potato	Rissoto	.5 c	
VEGETABLE	Cauliflower	.5 c	
BREAD	WG Dinner Rolls	2 oz	
<b>FRIDAY</b>	14-Sep-18_)		
ENTREE	Pizza	3oz g/2 oz ch	
	Clam Strips	3 oz/2 oz gr	
POTATO	Au Gratin Potatoes	.5 c	
VEGETABLE	Mixed Veg	.5 c	
BREAD	WG Dinner Rolls	2 oz	