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	High School		Complete	Complete Meal Price	
MONDAY	10-Sep-18_)		Students: \$3.00		
	Hamburger	3 oz	Faculty: \$3.50		
ENTREE	Chicken Tenders	3  oz/2  oz gr	<u> </u>	1 entrée, veg., potato, bread,	
		8	II .	and low fat white or chocolate milk	
POTATO	Mashed Potatoes	.5 с	From the Deli Station		
Rice			Assorted Sandwiches are available every day		
VEGETABLE	Corn	.5 с		Turkey and Cheese or Italian (3 oz meat/cheese)	
			-	All Sandwiches come with lettuce and tomato	
BREAD	WG Hamburger Rolls	2 oz	served on variety of breads, including		
	WG Dinner Rolls	2 oz	Whole Wheat, Whole Grain White, and Whole Grain Rye		
TUESDAY	11-Sep-18_)			Salads available every day, can be used as Veg	
	Sausage and Peppers	3 oz	Salads available e	Guidas available every day, can be ased as veg	
ENTREE	Baked Ziti	3 oz	Cordon 1 o Bomo	Cardon, 1 a Romaina and Macelun	
	Danca Ziti	OOL		Garden - 1 c Romaine and Mesclun,	
POTATO	Roasted Red Bliss	.5 c		1/4 c Red Peppers, Carrots, Cucumbers	
Rice	Roasted Red Bliss	.5 C		Caesar - 1 c Romaine, Croutons, and Parm Cheese	
VEGETABLE	Broccoli	.5 c		3 Bean - 1 c Kidney, Garbanzo, and Black Beans	
VEGETABLE	Broccon .5 c		'	Quinoa - 1 c Quinoa, Corn, Tomatoes, Black Beans	
BREAD	WG Dinner Rolls	2 oz	-	: Corn/Tomatoes, 1/4 c Quinoa/Beans)	
BREAD	We Diffict Rolls	2 0L		Fruits	
WEDNESDA	12-Sep-18_)			Apples, Oranges, Bananas	
WEDITESDA	Penne Carbonara	3 oz	Fruit Cups (1 c)	Fruit Cups (1 c)	
ENTREE	Chicken Parm	3 oz			
ENTREE	Chicken Parm	o oz			
Poatato	Potato Ghatto	.5 c			
VEGETABLE	Brussel Sprouts	.5 c	This Week's Veget	ahles	
			Tins Week's Veget	ubics	
BREAD	WG Dinner Rolls	2 oz	Dark	Romaine, Mesclun	
			Dark	Broccoli	
THURSDAY	13-Sep-18_)		Red/Orange	Tomatoes, Carrots,	
	Italian Meatballs	3 oz			
ENTREE	Porkroll, Egg, Cheese	3 oz	Beans/Peas	Black, Kidney, Garbanzo	
			Dearish cas	Peas, Lima	
Potato	Rissoto	.5 с	Starchy	Potato, Corn	
			Startiny	i otato, com	
VEGETABLE	Cauliflower	.5 с	Other	V-8	
			Other	Cauliflower	
BREAD	WG Dinner Rolls	2 oz		Brussel Sprouts	
	VV Dimier Items	2 02		Brusser Sprouts	
FRIDAY	14-Sep-18_)		Beverages		
	Pizza	3oz g/2 oz ch	1% White Milk		
ENTREE	Clam Strips	3  oz/2  oz gr	Fat Free Chocolate M		
· <u>-</u>	Giuiii Strips	o oz. z oz gi	rat Free Chocolate M	IIK	
POTATO	Au Gratin Potatoes	.5 с			
	The Oracini I Otatoes	.0 0			
VEGETABLE	Mixed Veg	.5 c			
	WIIACU V Cg	.0 0			
BREAD	WG Dinner Rolls	2 oz			
	W Diffici Rolls	2 UL			
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