







	High School 2018	Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
Week 1	Daily Meal \$7.00 Includes Milk	BBQ Chicken Flat Bread Side Salad Topped with Berries	Soft Beef Tacos Rice and Corn Grilled Pineapple	Spaghetti With Lean Meat Sauce OR Marinara Sauce, Tossed Salad, Apple Sauce	Cheeseburger Flatbread Asian Slaw	Vegetable Lo Mein With Rice and Chicken Orange Ginger Sauce
Week 2		Buffalo Chicken on a Kaiser, Hand Cut Potato Wedges, and Veggie Sticks Apple Chutney	Chicken Fajita on WW Tortilla with Rice Mandarin Spinach Salad	Homestyle Lasagna Caesar Salad and Blueberry Crisp	Chicken Tostados, Fresh Tzatziki, and Black Bean Salsa Red Cabbage and Apple Slaw	Spicy Orange Chicken Served on a Bed of Rice Veggies
Week 3		Sloppy Joe on Fresh Baked Kaiser, Mango Slaw	Baja Beef or Chicken Choice of Veggies Apple Crisp	Chicken Quesadilla With Rice Side Salad Topped with Berries	Buffalo Chicken Flatbread Asian Slaw	Sesame Chicken Rice Asian Pineapple Sauce
Pasta Meal Served with a Side Salad and Fruit of the Day		Baked Macaroni and Cheese	Spaghetti with Meat Sauce or Marinara Sauce	Chicken, Broccoli and Cheese Pasta	Beef and Macaroni in Tomato Sauce	Chicken Fettucine Alfredo
Deli's Daily Feature		6"Philly Steak Sub	Buffalo Chicken Ranch Wrap	Teriyaki Chicken Wrap	Hummus and Veggie Wrap	Meatball Wrap
Morning Break Feature		English Muffin With Egg and Cheese	Raspberry and Honey Overnight Oats	Smoothie Bar	Breakfast Quesadilla	French Toast
		Pizza Slice Homemade Hamburger, Chicken Breast, Grilled Chicken Snack or Soft Beef Taco served with Veggie Sticks Or Garden Salad and Fruit				