



ANNOUNCEMENTS:

- TBD
- Grade 9-12 are
- Offered ½ Cup of
- 100% Juice Daily
- *HS Only
- Milk Served Daily

MONDAY

1ST Menu Goes Here

8TH Menu Goes Here

15TH

Soft Tacos
Pinto Beans
Salad
Salsa
Fruit

22ND

Chicken
Quesadilla
Garden Salad
Tomato Cup
Fruit

29TH

Pizza
Corn
Salad
Fruit

TUESDAY

2ND Menu Goes Here

9TH Menu Goes Here

16TH

Pizza
Fresh Veggie Cup
Corn
Fruit

23RD

Frito Pie
Pinto Beans
Fresh Veggie Cup
Fruit

30TH

Bean & Cheese
Chalupa
Refried Beans
Salad Tray
Fruit

WEDNESDAY

3RD Menu Goes Here

10TH

Corn Dog
Potatoes
Green Beans
Fruit

17TH

Fish
Mac and Cheese
Tomato
Green Beans
Fruit

24TH

Lasagna
Bread Stick
Fresh Broccoli
Fruit

31ST

Chicken Nuggets
Mac and Cheese
Green Beans
Carrots
Fruit

THURSDAY

4TH Menu Goes Here

11TH

Chicken Fajitas
Pinto Beans
Garden Salad
Fruit

18TH

Mozzarella Sticks
Marinara Sauce
Carrots
Garden Salad
Fruit

25TH

Meatballs & Gravy
Mashed Potatoes
Green Beans
Roll
Fruit

FRIDAY

5TH Menu Goes Here

12TH

Hog Dog
Tater Tot
Cucumbers
Fruit

19TH

Cheese Burger
*Salad Tray
French Fries
Cucumbers
Fruit

26TH

Chicken Sandwich
Sliced Tomato
Tator Tots
Fruit



SCHOOL NAME GOES HERE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SEPT

MENU 2022

GEAR UP FOR DANCE



ANNOUNCEMENTS:

- TBD

1ST

Corn dog
Potatoes
Green Beans
Fruit

2ND

Cheese Burgers
*Salad Tray
French Fries
Cucumbers
Fruit

5TH

6TH

Chicken Fajitas
Pinto Beans
Carrots
Salad
Fruit

7TH Menu Goes Here

8TH Menu Goes Here

9TH Menu Goes Here

12TH Menu Goes Here

13TH Menu Goes Here

14TH Menu Goes Here

15TH Menu Goes Here

16TH Menu Goes Here

19TH Menu Goes Here

20TH Menu Goes Here

21ST Menu Goes Here

22ND Menu Goes Here

23RD Menu Goes Here

26TH Menu Goes Here

27TH Menu Goes Here

28TH Menu Goes Here

29TH Menu Goes Here

30TH Menu Goes Here



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National School Lunch Program



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Updated 9/1/2022
www.SquareMeals.org

SCHOOL NAME GOES HERE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3RD Menu Goes Here

4TH Menu Goes Here

5TH Menu Goes Here

6TH Menu Goes Here

7TH Menu Goes Here

10TH Menu Goes Here

11TH Menu Goes Here

12TH Menu Goes Here

13TH Menu Goes Here

14TH Menu Goes Here

17TH Menu Goes Here

18TH Menu Goes Here

19TH Menu Goes Here

20TH Menu Goes Here

21ST Menu Goes Here

24TH Menu Goes Here

25TH Menu Goes Here

26TH Menu Goes Here

27TH Menu Goes Here

28TH Menu Goes Here

31ST Menu Goes Here

OCT

MENU 2022

GEAR UP FOR

SWIM CLASS



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SCHOOL NAME GOES HERE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST Menu Goes Here

2ND Menu Goes Here

3RD Menu Goes Here

4TH Menu Goes Here

7TH Menu Goes Here

8TH Menu Goes Here

9TH Menu Goes Here

10TH Menu Goes Here

11TH Menu Goes Here

14TH Menu Goes Here

15TH Menu Goes Here

16TH Menu Goes Here

17TH Menu Goes Here

18TH Menu Goes Here

21ST Menu Goes Here

22ND Menu Goes Here

23RD Menu Goes Here

24TH Menu Goes Here

25TH Menu Goes Here

28TH Menu Goes Here

29TH Menu Goes Here

30TH Menu Goes Here

NOV

MENU 2022

GEAR UP FOR
TURKEY
TROT

MARATHON



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- TBD



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SCHOOL NAME GOES HERE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Menu Goes Here

Menu Goes Here

Menu Goes Here

1ST Menu Goes Here

2ND Menu Goes Here

5TH Menu Goes Here

6TH Menu Goes Here

7TH Menu Goes Here

8TH Menu Goes Here

9TH Menu Goes Here

12TH Menu Goes Here

13TH Menu Goes Here

14TH Menu Goes Here

15TH Menu Goes Here

16TH Menu Goes Here

19TH Menu Goes Here

20TH Menu Goes Here

21ST Menu Goes Here

22ND Menu Goes Here

23RD Menu Goes Here

26TH Menu Goes Here

27TH Menu Goes Here

28TH Menu Goes Here

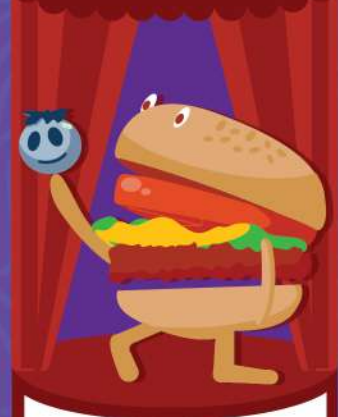
29TH Menu Goes Here

30TH Menu Goes Here

DEC

MENU 2022

GEAR UP FOR THEATER



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SCHOOL NAME GOES HERE

MONDAY

2ND Menu Goes Here

9TH Menu Goes Here

16TH Menu Goes Here

23RD Menu Goes Here

30TH Menu Goes Here

TUESDAY

3RD Menu Goes Here

10TH Menu Goes Here

17TH Menu Goes Here

24TH Menu Goes Here

31ST Menu Goes Here

WEDNESDAY

4TH Menu Goes Here

11TH Menu Goes Here

18TH Menu Goes Here

25TH Menu Goes Here

THURSDAY

5TH Menu Goes Here

12TH Menu Goes Here

19TH Menu Goes Here

26TH Menu Goes Here

FRIDAY

6TH Menu Goes Here

13TH Menu Goes Here

20TH Menu Goes Here

27TH Menu Goes Here

JAN

MENU 2023

GEAR UP FOR GYM



ANNOUNCEMENTS:

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SCHOOL NAME GOES HERE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST Menu Goes Here

2ND Menu Goes Here

3RD Menu Goes Here

6TH Menu Goes Here

7TH Menu Goes Here

8TH Menu Goes Here

9TH Menu Goes Here

10TH Menu Goes Here

13TH Menu Goes Here

14TH Menu Goes Here

15TH Menu Goes Here

16TH Menu Goes Here

17TH Menu Goes Here

20TH Menu Goes Here

21ST Menu Goes Here

22ND Menu Goes Here

23RD Menu Goes Here

24TH Menu Goes Here

27TH Menu Goes Here

28TH Menu Goes Here

FEB

MENU 2023

GEAR UP FOR
TRACK
& FIELD



ANNOUNCEMENTS:

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SCHOOL NAME GOES HERE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST Menu Goes Here

2ND Menu Goes Here

3RD Menu Goes Here

6TH Menu Goes Here

7TH Menu Goes Here

8TH Menu Goes Here

9TH Menu Goes Here

10TH Menu Goes Here

13TH Menu Goes Here

14TH Menu Goes Here

15TH Menu Goes Here

16TH Menu Goes Here

17TH Menu Goes Here

20TH Menu Goes Here

21ST Menu Goes Here

22ND Menu Goes Here

23RD Menu Goes Here

24TH Menu Goes Here

27TH Menu Goes Here

28TH Menu Goes Here

29TH Menu Goes Here

30TH Menu Goes Here

31ST Menu Goes Here

MAR

MENU 2023

GEAR UP FOR
CHOIR



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SCHOOL NAME GOES HERE

MONDAY

3RD Menu Goes Here

TUESDAY

4TH Menu Goes Here

WEDNESDAY

5TH Menu Goes Here

THURSDAY

6TH Menu Goes Here

FRIDAY

7TH Menu Goes Here

10TH Menu Goes Here

11TH Menu Goes Here

12TH Menu Goes Here

13TH Menu Goes Here

14TH Menu Goes Here

17TH Menu Goes Here

18TH Menu Goes Here

19TH Menu Goes Here

20TH Menu Goes Here

21ST Menu Goes Here

24TH Menu Goes Here

25TH Menu Goes Here

26TH Menu Goes Here

27TH Menu Goes Here

28TH Menu Goes Here

APR

MENU 2023

GEAR UP FOR BASKETBALL



ANNOUNCEMENTS:

- TBD



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SCHOOL NAME GOES HERE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST Menu Goes Here

2ND Menu Goes Here

3RD Menu Goes Here

4TH Menu Goes Here

5TH Menu Goes Here

8TH Menu Goes Here

9TH Menu Goes Here

10TH Menu Goes Here

11TH Menu Goes Here

12TH Menu Goes Here

15TH Menu Goes Here

16TH Menu Goes Here

17TH Menu Goes Here

18TH Menu Goes Here

19TH Menu Goes Here

22ND Menu Goes Here

23RD Menu Goes Here

24TH Menu Goes Here

25TH Menu Goes Here

26TH Menu Goes Here

29TH Menu Goes Here

30TH Menu Goes Here

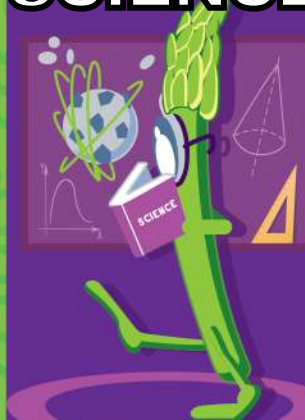
31ST Menu Goes Here

MAY

MENU 2023

GEAR UP FOR

SCIENCE



ANNOUNCEMENTS:

- TBD



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SCHOOL NAME GOES HERE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JUN

MENU 2023

GEAR UP FOR
PUSH-UP
CHALLENGE



ANNOUNCEMENTS:

- TBD

Menu Goes Here

Menu Goes Here

Menu Goes Here

1ST Menu Goes Here

2ND Menu Goes Here

5TH Menu Goes Here

6TH Menu Goes Here

7TH Menu Goes Here

8TH Menu Goes Here

9TH Menu Goes Here

12TH Menu Goes Here

13TH Menu Goes Here

14TH Menu Goes Here

15TH Menu Goes Here

16TH Menu Goes Here

19TH Menu Goes Here

20TH Menu Goes Here

21ST Menu Goes Here

22ND Menu Goes Here

23RD Menu Goes Here

26TH Menu Goes Here

27TH Menu Goes Here

28TH Menu Goes Here

29TH Menu Goes Here

30TH Menu Goes Here



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SCHOOL NAME GOES HERE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3RD Menu Goes Here

4TH Menu Goes Here

5TH Menu Goes Here

6TH Menu Goes Here

7TH Menu Goes Here

10TH Menu Goes Here

11TH Menu Goes Here

12TH Menu Goes Here

13TH Menu Goes Here

14TH Menu Goes Here

17TH Menu Goes Here

18TH Menu Goes Here

19TH Menu Goes Here

20TH Menu Goes Here

21ST Menu Goes Here

24TH Menu Goes Here

25TH Menu Goes Here

26TH Menu Goes Here

27TH Menu Goes Here

28TH Menu Goes Here

31ST Menu Goes Here

JUL

MENU 2023

GEAR UP FOR SPANISH CLASS



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- TBD



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