

9th - 12th Grade Lunch Menu (page 1)

**AUGUST—DECEMBER
2017**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Classic Homestyle: Chicken Tenders, French Fries, Snickerdoodle Cookie Cougar Italiano: Queso Pasta, Roll International Flavors: Mandarin Orange Chicken with Rice, Fresh Vegetable Medley Chill and Grill: Rib A Q on Bun, French Fries, Cookie Green Beans Mandarin Oranges	Classic Homestyle: Fiery Philly Steak Flatbread, Mediterranean Salad Cougar Italiano: Pizza Hut Pizza w/ Fries, Veggie Bowl International Flavors: Nacho Beef Grande, Refried Beans Chill and Grill: Turkey BLT, Mediterranean Salad Pears	Classic Homestyle: Country Fried Steak, Mashed Potatoes, Gravy, Roll Cougar Italiano: Cajun Pasta w/ Chicken, Roll International Flavors: Popcorn Chicken Bowl, Rice or Mashed Potatoes, Roll Chill and Grill: Meatball Sub Corn Apple	Classic Homestyle: Corn Dog, Au Gratin Potatoes Cougar Italiano: Papa John's Pizza w/ Fries, Veggie Bowl International Flavors: Chicken & Cheese Quesadilla Chill and Grill: Sub Sandwich Bar Broccoli Pineapple Tidbits	Classic Homestyle: Breakfast Burrito made your way Cougar Italiano: Chicken Alfredo International Flavors: Macaroni & Cheese w/ Mini Hot Dog Chill and Grill: Grilled Cheese Sandwich Fresh Vegetable Medley Orange

WEEK 2	Classic Homestyle: Ham & Cheese Ripper Cougar Italiano: Italian Grilled International Flavor: Chicken Fajitas Chill and Grill: Spicy Chicken on Bun Fresh Vegetable Medley Pineapple Orange Sherbet	Classic Homestyle: Pulled Chicken on Bun, Fresh Carrots/Cucumber Sticks Cougar Italiano: Pizza Hut Pizza w/ Fries & Veggie Bowl International Flavor: Make your own Burrito Chill and Grill: Hamburger on Bun, Fresh Carrots/Cucumber Sticks Peaches Jell-O	Classic Homestyle: Chicken & Noodles, Mashed Potatoes, Gravy, Roll Cougar Italiano: Kung Pao Beef, Broccoli International Flavor: Fish on Bun, Tater Tots Chill and Grill: Sloppy Joe or Sloppy Seymore, Tater Tots Green Beans Mandarin Oranges	Classic Homestyle: Chicken Patty on Bun, Broccoli Cougar Italiano: Papa John's w/ Fries, Veggie Bowl International Flavor: Sausage Gravy & Biscuit, Diced Potatoes Chill and Grill: Philly Steak Sandwich, Diced Potatoes Banana Popsicle	Classic Homestyle: Hot Dog on Bun, Popsicle Cougar Italiano: Spaghetti w/ Meat Sauce, Breadstick International Flavor: Chicken Rice Bowl, Vegetable Medley, Fortune Cookie Chill and Grill: Pulled Chicken on Bun Salad Applesauce
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Lunch Prices

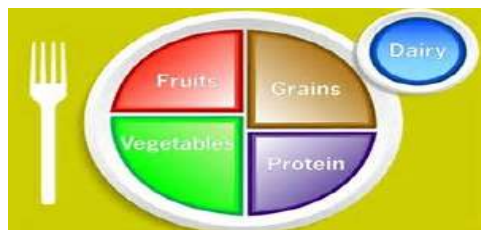
Student Lunch \$2.75
Adult Lunch \$3.50
Milk \$0.50

Lunch Includes

Entrée Choice (a protein & a whole grain-rich grain)
1-2 Fruit Choice
1-2 Vegetable Choice
1 Low Fat or Fat Free Milk Free Choice

No School Dates

Sept. 4
Oct 9—20
Nov. 22—24
Dec. 25—29



Theme Dates

Sept. 6—Ninja Turtle
Oct. 5—Minion
Nov. 9—Sponge Bob
Dec. 5—Disney

August					September					October					November					December				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
	1	2	3	4					1	2	3	4	5	6			1	2	3					1
7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
28	29	30	31		25	26	27	28	29	30	31				27	28	29	30		25	26	27	28	29

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**AUGUST—DECEMBER
2017**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 3	Classic Homestyle: Hamburger on Bun, French Fries	Classic Homestyle: Salad Bar, Diced Peaches	Classic Homestyle: Oven Fried Chicken, Mashed Potatoes, Gravy, Roll	Classic Homestyle: Breakfast Burrito (Made your way)	Classic Homestyle: Corn Dog, Au Gratin Potatoes, Mini Ice Cream Sandwich
	Cougar Italiano: Mandarin Orange Chicken w/ Rice or Noodles, Vegetable Medley	Cougar Italiano: Pizza Hut Pizza, French Fries, Veggie Bowl	Cougar Italiano: Macaroni & Cheese w/ Mini Hot Dog	Cougar Italiano: Papa John's w/ Fries, Veggie Bowl	Cougar Italiano: Pasta Bar, Mixed Salad, Breadstick
	International Flavor: Hot Ham & Cheese, Mediterranean Salad	International Flavor: Walking Taco	International Flavor: Wonder Bites w/ Rice	International Flavor: Cajun Chicken Pasta, Fresh Vegetable Medley-	International Flavor: Sloppy Joe or Sloppy Seymore, Au Gratin Potatoes, Mini Ice Cream Sandwich
	Chill and Grill: Meatball Sub, Mediterranean Salad	Chill and Grill: Pulled Chicken on Bun, Green Beans	Chill and Grill: Grilled Cheese w/ Potato Soup	Chill and Grill: Philly Steak Sandwich, Fresh Vegetable Medley	Chill and Grill: Soft Taco
	Baked Beans Peaches	Pears	Peas Mandarin Oranges	Strawberries	Apple

WEEK 4	Classic Homestyle: Chicken Tenders, Snickerdoodle Cookie	Classic Homestyle: Potato Bar	Classic Homestyle: Pork Chop, Mashed Potatoes, Gravy, Roll	Classic Homestyle: Chicken Carbano, Roll	Classic Homestyle: Sausage, Waffles, Tater Tots
	Cougar Italiano: Manicotti, Snickerdoodle Cookie	Cougar Italiano: Pizza Hut Pizza w/ French Fries, Veggie Bowl	Cougar Italiano: Queso Pasta, Breadstick	Cougar Italiano: Papa John's w/ Fries, Veggie Bowl	Cougar Italiano: Italian Grilled Cheese, Mixed Salad
	International Flavor: Chicken Teriyaki w/ Rice or Noodles, Fresh Vegetable Medley, Fortune Cookie	International Flavor: Pork Nachos, Fresh Carrots/Cucumber Sticks	International Flavor: Chicken/Cheese Quesadilla	International Flavor: Kung Pao Beef w/ Rice, Broccoli	International Flavor: Grilled Chicken Breast, Mixed Salad
	Chill and Grill: Fiery Philly Steak Flatbread	Chill and Grill: Cold Plate Meal Sandwich, Carrots, Grapes	Chill and Grill: Cheeseburger on Bun, French Fries	Chill and Grill: Chicken Patty on Bun, Mashed Potatoes, Gravy	Chill and Grill: Potato Crusted Fish on Bun, French Fries
	Mediterranean Salad Apple	Pears	Green Beans Peaches	Corn Pineapple Tidbits	Orange Jell-O

Lunch Prices

Student Lunch \$2.75

Adult Lunch \$3.50

Milk \$0.50

Lunch Includes

Entrée Choice (a protein & a whole grain-rich grain)

1-2 Fruit Choice

1-2 Vegetable Choice

1 Low Fat or Fat Free Milk

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	1	2	3	4					1	2	3	4	5	6			1	2	3					1
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14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
28	29	30	31		25	26	27	28	29	30	31				27	28	29	30		25	26	27	28	29

This institution is an equal opportunity provider.

Milk and Water available daily.

Menu subject to change.