

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

**JANUARY — MAY
2018**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<u>Classic Homestyle:</u> Chicken Tenders, French Fries, Green Beans, Roll & Mandarin Oranges <u>Cougar Italiano:</u> Queso Pasta, Green Beans, Roll & Mandarin Oranges <u>International Flavors:</u> General Tso Chicken w/Rice, Stir Fry Vegetables, Mandarin Oranges & Fortune Cookie <u>Chill and Grill:</u> Rib A Q on Bun, French Fries, Green Beans & Mandarin Oranges	<u>Classic Homestyle:</u> Fiery Philly Steak Flatbread, Apple Spinach Salad & Pears <u>Cougar Italiano:</u> Pizza Hut Pizza, French Fries, Veggie Bowl & Pears <u>International Flavors:</u> Nacho Supreme, Refried Beans, Pears <u>Chill and Grill:</u> Turkey BLT, Apple Spinach Salad & Pears	<u>Classic Homestyle:</u> Country Fried Steak, Mashed Potatoes, Gravy, Seasoned Corn, Roll & Apple <u>Cougar Italiano:</u> Cajun Pasta w/ Chicken, Corn, Garlic Knot & Apple <u>International Flavors:</u> Popcorn Chicken Bowl, Rice or Mashed Potatoes, Gravy, Corn, Roll & Apple <u>Chill and Grill:</u> Meatball Sub, Corn & Apple	<u>Classic Homestyle:</u> Corn Dog, Red Roasted Potatoes, Fresh Steamed Broccoli & Pineapple Tidbits <u>Cougar Italiano:</u> Papa John's Pizza, Red Roasted Potatoes, Broccoli, Veggie Bowl & Pineapple Tidbits <u>International Flavors:</u> Chicken & Cheese Quesadilla, Steamed Broccoli & Pineapple <u>Chill and Grill:</u> Hamburger on Bun, Roasted Red Potatoes & Pineapple Tidbits	<u>Classic Homestyle:</u> Sausage/Egg/Cheese Biscuit, Hash Browns & Orange <u>Cougar Italiano:</u> Chicken Alfredo, Mixed Salad, Garlic Knot & Orange <u>International Flavors:</u> Macaroni & Cheese, Mini Hot Dog, Fresh Vegetable Medley & Orange <u>Chill and Grill:</u> Hot Ham & Cheese Sandwich, Fresh Vegetable Medley & Orange

WEEK 2	<u>Classic Homestyle:</u> Ham & Cheese Ripper, Roasted Cauliflower & Broccoli, Pineapple & Sherbet <u>Cougar Italiano:</u> Italian Grilled, Roasted Cauliflower & Broccoli, Pineapple & Sherbet <u>International Flavor:</u> Chicken Fajitas, Spanish Rice & Pineapple Tidbits <u>Chill and Grill:</u> Spicy Chicken on Bun, Roasted Cauliflower & Broccoli, Pineapple & Sherbet	<u>Classic Homestyle:</u> Pulled Chicken on Bun, Carrot Fries & Jell-O with Peaches <u>Cougar Italiano:</u> Pizza Hut Pizza, French Fries, Veggie Bowl & Peaches <u>International Flavor:</u> Taco Salad in a Bowl, Refried Beans & Peaches <u>Chill and Grill:</u> Hamburger on Bun, Carrot Fries, Peaches & Jell-O	<u>Classic Homestyle:</u> Chicken & Noodles, Mashed Potatoes, Gravy, Green Beans, Roll & Mandarin Oranges <u>Cougar Italiano:</u> Teriyaki Chicken, Rice, Fresh Steamed Broccoli & Mandarin Oranges <u>International Flavor:</u> Fish on Bun, Tater Tots, Green Beans & Mandarin Oranges <u>Chill and Grill:</u> Sloppy Joes or Sloppy Seymore, Tater Tots, Green Beans & Mandarin Oranges	<u>Classic Homestyle:</u> Chicken Patty on Bun, Fresh Steamed Broccoli & Banana <u>Cougar Italiano:</u> Papa John's Pizza, Fries, Veggie Bowl & Banana <u>International Flavor:</u> Sausage Gravy w/ Biscuit, Sausage Patty, Roasted Potatoes & Banana <u>Chill and Grill:</u> Philly Steak Sandwich, Roasted Potatoes & Banana	<u>Classic Homestyle:</u> Old School Pizza Burgers, Mixed Salad & Apple <u>Cougar Italiano:</u> Spaghetti w/ Meat Sauce, Mixed Salad, Breadstick & Applesauce <u>International Flavor:</u> Thai Sweet Chili, Asian Vegetables, Apple & Fortune Cookie <u>Chill and Grill:</u> Pulled Chicken on Bun, Salad Mix & Apple
---------------	--	--	--	---	--

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

No School Dates

Jan. 1—5 & Jan. 15
Feb. 19
March 19—30
May 28

Theme Dates

Jan. 18—Pokemon
Feb. 22—Pirate
March 2—Dr. Seuss
April 12—Cowboy
May 4—Star Wars, 17—Super Hero



January					February					March					April					May				
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	5				1	2				1	2	2	3	4	5	6		1	2	3	4
8	9	10	11	12	5	6	7	8	9	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11
15	16	17	18	19	12	13	14	15	16	12	13	14	15	16	16	17	18	19	20	14	15	16	17	18
22	23	24	25	26	19	20	21	22	23	19	20	21	22	23	23	24	25	26	27	21	22	23	24	25
29	30	31			26	27	28			26	27	28	29	30	30					28	29	30	31	

9th - 12th Grade Lunch Menu (page 2)

JANUARY—MAY

2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 3	Classic Homestyle: Hamburger on Bun, French Fries, Baked Beans & Peaches	Classic Homestyle: Chili, Peanut Butter Sandwich, Carrot Coins & Baked Apples	Classic Homestyle: Oven Fried Chicken, Mashed Potatoes, Gravy, Peas, Roll & Mandarin Oranges	Classic Homestyle: French Toast Sticks, Sausage Patty, Roasted Potatoes & Banana	Classic Homestyle: Corn Dog, Baked Potato & Apple
	Cougar Italiano: Hot Ham / Cheese Sandwich, Mixed Salad, Baked Beans & Peaches	Cougar Italiano: Pizza Hut Pizza, French Fries, Veggie Bowl & Baked Apples	Cougar Italiano: Macaroni & Cheese, Mini Hot Dog, Peas & Mandarin Oranges	Cougar Italiano: Papa John's Pizza, French Fries, Veggie Bowl & Banana	Cougar Italiano: Pasta Bar, Mixed Salad, Garlic Knot & Apple
	International Flavor: Mini Ravioli, Salad, Garlic Roll & Peaches	International Flavor: Walking Taco, Refried Beans & Baked Apples	International Flavor: General Tso Chicken, Rice, Peas & Mandarin Oranges	International Flavor: Cajun Chicken Pasta, Roasted Cauliflower / Broccoli & Banana	International Flavor: Sloppy Joe or Sloppy Seymour, Baked Potato & Apple
	Chill and Grill: Meatball Sub, Mixed Salad, Baked Beans & Peaches	Chill and Grill: Grilled Chicken on Bun, Green Beans & Baked Apples	Chill and Grill: Grilled Cheese, Potato Soup or Broccoli Soup, Peas & Mandarin Oranges	Chill and Grill: Fiery Philly Steak Flatbread, Roasted Cauliflower / Broccoli & Banana	Chill and Grill: Chicken or Cheese Quesadilla, Salad & Apple

WEEK 4	Classic Homestyle: Chicken Tenders, Carrot Coins & Pears	Classic Homestyle: Rib A Q on Bun, French Fries & Banana	Classic Homestyle: Pork Chop, Mashed Potatoes, Gravy, Green Beans, Roll & Peaches	Classic Homestyle: Chicken Carbano, Corn, Roll & Pineapple Tidbits	Classic Homestyle: Sausage/Egg/Cheese Biscuit, Diced Potatoes & Apple
	Cougar Italiano: Lasagna Roll Up, Salad, Carrot Coins & Pears	Cougar Italiano: Pizza Hut Pizza, French Fries, Veggie Bowl & Banana	Cougar Italiano: Queso Pasta, Green Beans, Breadstick & Peaches	Cougar Italiano: Papa John's Pizza, French Fries, Veggie Bowl & Pineapple Tidbits	Cougar Italiano: Italian Grilled Cheese Sandwich, Carrot Fries & Apple
	International Flavor: Chicken Teriyaki, Rice, Stir Fry Vegetables, Pears & Fortune Cookie	International Flavor: Nacho Supreme, Refried Beans & Banana	International Flavor: Old School Pizza Burgers, Green Beans & Peaches	International Flavor: Kung Pao Beef, Rice, Fresh Steamed Broccoli & Pineapple Tidbits	International Flavor: BBQ Grilled Chicken Breast, Sun Chips, Baked Beans & Apple
	Chill and Grill: Spicy Chicken Sandwich, Carrot Coins & Pears	Chill and Grill: Cold Plate Meal Sandwich, Carrots, Grapes & Pears	Chill and Grill: Cheeseburger on Bun, French Fries, Green Beans & Peaches	Chill and Grill: Chicken Patty on Bun, Mashed Sweet Potatoes, Corn & Pineapple Tidbits	Chill and Grill: Potato Crusted Fish on Bun, Carrot Fries & Apple

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

Theme Dates

Jan. 18—Pokemon

Feb. 22—Pirate

March 2—Dr. Seuss

April 12—Cowboy

May 4-Star Wars, 17-Super Hero

No School Dates

Jan. 1—5 & Jan. 15

Feb. 19

March 19—30

May 28

January					February					March					April					May				
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	5				1	2				1	2	2	3	4	5	6		1	2	3	4
8	9	10	11	12	5	6	7	8	9	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11
15	16	17	18	19	12	13	14	15	16	12	13	14	15	16	16	17	18	19	20	14	15	16	17	18
22	23	24	25	26	19	20	21	22	23	19	20	21	22	23	23	24	25	26	27	21	22	23	24	25
29	30	31			26	27	28			26	27	28	29	30	30					28	29	30	31	