

9th - 12th Grade

AUGUST—DECEMBER

2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1	Classic Homestyle: Chicken Tenders, Spicy Fries & Snickerdoodle Cookie Cougar Italiano: Chicken Carbonara International Flavors: Kung Pao Beef w/Spaghetti Chill and Grill: Chicken Patty on Bun Peas Diced Peaches	Classic Homestyle: Walking Taco, Refried Beans & Chocolate Chip Cookie Cougar Italiano: Pizza Hut Pizza w/ Fries International Flavors: Rueben or Rachael Chill and Grill: Hamburger Bar w/ Baked Beans Corn Apple	Classic Homestyle: Pulled Pork Sliders Cougar Italiano: Lasagna w/ Breadstick International Flavors: Ham on Flatbread w/ choice of cheese Chill and Grill: Chicken Bacon Wrap & Snickerdoodle Cookie Carrots Pineapple	Classic Homestyle: Turkey Manhattan w/ Mashed Potatoes & Chocolate Chip Cookie Cougar Italiano: Papa John's Pizza w/ Fries International Flavors: Bean & Cheese Burrito & Chocolate Chip Cookie Chill and Grill: Classic Club on Bread Green Beans Mandarin Oranges	Classic Homestyle: Mini Ravioli w/ Garlic Toast & Salad Cougar Italiano: Meatball Sub & Salad International Flavors: Pancake & Sausage & Hash Brown Sticks Chill and Grill: Fish on Bun & Hash Brown Sticks Diced Pears
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WEEK 2	Classic Homestyle: Chicken Smackers & Chocolate Chip Cookie Cougar Italiano: Hot Dog on Bun International Flavor: Nacho Grande & Refried Beans Chill and Grill: Cheeseburger or Hamburger on Bun Baked Beans Carrot Coins Apple	Classic Homestyle: Spaghetti w/ meat sauce, Mini Garlic Toast & Salad Cougar Italiano: Pizza Hut Pizza w/ Fries International Flavor: Stir Fry Chicken Chill and Grill: Taco Pizza on Flatbread Green Beans Diced Pears	Classic Homestyle: French Toast, Sausage Patty & Hash Brown Sticks Cougar Italiano: Queso Pasta & Breadstick International Flavor: Chicken Quesadilla Chill and Grill: Sub Sandwich Bar & Carrot Stix Baby Carrots Mandarin Oranges	Classic Homestyle: Chicken/Noodles w/ Mashed Potatoes & Roll Cougar Italiano: Papa John's w/ Fries International Flavor: Kung Pao Beef and Rice Chill and Grill: Philly Steak Sandwich Corn Peaches	Classic Homestyle: Mini Corn Dogs & Sugar Cookie Cougar Italiano: Macaroni & Cheese with Sugar Cookie International Flavor: Ham & Cheese Ripper Chill and Grill: Pork Chop on Bun Broccoli w/ Cheese Sauce Pineapple Tidbits
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WEEK 3	Classic Homestyle: Chicken Patty on Bun Cougar Italiano: Pepperoni Calzone International Flavor: Chicken & Cheese Crispito Chill and Grill: Hamburger on Bun Broccoli Mandarin Oranges Sugar Cookie	Classic Homestyle: Hot Ham & Cheese on Flatbread & Jell-O Cougar Italiano: Pizza Hut Pizza International Flavor: Soft Taco, Refried Beans & Chocolate Chip Cookie Chill and Grill: Philly Steak Sandwich & Jell-O Baby Carrots Baked Beans Diced Peaches	Classic Homestyle: Popcorn Chicken Bowl w/ Roll Cougar Italiano: Fettuccine Alfredo w/ Chicken, Breadstick & Chocolate Chip Cookie International Flavor: Salad Bar & Chocolate Chip Cookie Chill and Grill: Fish on Bun, Broccoli & Chocolate Chip Cookie Corn Diced Pears	Classic Homestyle: Beef & Cheddar on Bun & Ice Cream Cup Cougar Italiano: Papa John's w/ Fries International Flavor: Mandarin Orange Chicken & Rice Chill and Grill: Chicken Caesar Wrap Carrot Coins Fruit Cocktail Jell-O	Classic Homestyle: Pizza Ripper & Ice Cream Cup Cougar Italiano: Rueben or Rachael & Ice Cream Cup International Flavor: Loaded Fries Chill and Grill: Spicy Chicken on Bun Green Beans Apple
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Lunch Prices Student Lunch \$2.75 Adult Lunch \$3.25 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. 5 Oct 3-14 Nov. 23-25 Dec. 22-30	Theme Dates Sept. 2—End of Summer Bash Oct. 31—Halloween Nov. 17—Pilgrim Pride Dec. 7—Disney
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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	5				1	2	3	4	5	6	7		1	2	3	4				1	2
8	9	10	11	12	5	6	7	8	9	10	11	12	13	14	7	8	9	10	11	5	6	7	8	9
15	16	17	18	19	12	13	14	15	16	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
22	23	24	25	26	19	20	21	22	23	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
29	30	31			26	27	28	29	30	31					28	29	30			26	27	28	29	30

This institution is an equal opportunity provider.

Milk and Water available daily.

Menu subject to change.

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

**AUGUST—DECEMBER
2016**

MONDAY

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WEDNESDAY

THURSDAY

FRIDAY

WEEK 4	Classic Homestyle: Chicken Nuggets & Snickerdoodle Cookie	Classic Homestyle: Hot Ham & Cheese Pocket & Chocolate Chip Cookie	Classic Homestyle: Country Fried Steak w/ Mashed Potatoes & Roll	Classic Homestyle: Mini Corn Dogs & Ice Cream Cup	Classic Homestyle: Cheese or Pepperoni Bosco
	Cougar Italiano: Chicken Parmesan	Cougar Italiano: Pizza Hut Pizza	Cougar Italiano: Italian Cheese Pasta & Breadstick	Cougar Italiano: Papa John's w/ Fries	Cougar Italiano: Manicotti & Ice Cream Cup
	International Flavor: Taco Salad & Refried Beans	International Flavor: Chicken & Rice Bowl	International Flavor: Biscuit & Gravy, Sausage Patty & Hash Brown Sticks	International Flavor: Wok Box & Chocolate Chip Cookie	International Flavor: Mac & Cheese & Ice Cream Cup
	Chill and Grill: Rib A Q on Bun Baked Beans Carrot Coins Pineapple Tidbits	Chill and Grill: Philly Cheese Steak Salad Mandarin Oranges	Chill and Grill: Turkey BLT on Bun w/ Fries Corn Apple	Chill and Grill: BBQ Pork on Bun & Jell-O Broccoli Diced Peaches	Chill and Grill: Chicken Patty on Bun Carrot Coins Diced Pears

WEEK 5	Classic Homestyle: Breaded Beef Steak Sandwich	Classic Homestyle: Spicy Chicken Tenders & Snickerdoodle Cookie	Classic Homestyle: French Toast, Sausage Patties & Tater Tots	Classic Homestyle: Grilled Chicken on Bun & Sugar Cookie	Classic Homestyle: Ham & Cheese Ripper, Baked Beans & Baby Carrots
	Cougar Italiano: Italian Sub	Cougar Italiano: Pizza Hut Pizza	Cougar Italiano: Chicken Alfredo & Breadstick	Cougar Italiano: Papa John's	Cougar Italiano: Italian Grills, Baked Beans & Baby Carrots
	International Flavor: Chicken Fajitas	International Flavor: Teriyaki Chicken, Rice & Snickerdoodle Cookie	International Flavor: Kung Pao Chicken	International Flavor: Chicken Broccoli Bowl w/ Rice	International Flavor: Nacho Grande, Refried Beans, Carrots Coins & Chocolate Chip Cookie
	Chill and Grill: Bacon Cheeseburger on Bun w/ Spicy Fries Peas Orange	Chill and Grill: Pulled Pork on Bun Carrot Coins Fruit Cocktail	Chill and Grill: Grilled Cheese Flatbread Panini Salad Strawberries	Chill and Grill: Rib BQ on Bun Broccoli Diced Peaches	Chill and Grill: Chicken Biscuit, Baked Beans & Carrot Coins Diced Pears

Lunch Prices

Student Lunch \$2.75
Adult Lunch \$3.25
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

Sept. 5
Oct. 3-14
Nov. 23-25
Dec. 22-30

Theme Dates

Sept. 2—End of Summer Bash
Oct. 31—Halloween
Nov. 17—Pilgrim Pride
Dec. 7—Disney

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15	16	17	18	19	12	13	14	15	16	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
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