

SEPTEMBER HIGH SCHOOL MENU

MONDAY 8/26	TUESDAY 8/27	WEDNESDAY 8/28	THURSDAY 8/29	FRIDAY 8/30
		<p>Grilled Cheeseburger on a Whole Grain Bun</p> <p>Grilled Hot Dog on a Whole Grain Bun</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Lemony Broccoli and Cauliflower Florets Watermelon Wedges Diced Peaches 1% Milk or FF Chocolate Milk</p>	<p>Classic Beef Stew with a Whole Grain Roll</p> <p>Pulled BBQ Chicken Sandwich on a Whole Grain Bun with Country Apple Cole Slaw</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Rice and Beans Oven Fried Sweet Plantains Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Veggie Lovers or Cheese Whole Grain Pizza with Homemade Sauce</p> <p>Sloppy Joe on a Whole Grain Bun</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Tossed Salad with Low Fat Dressing, California Vegetable Medley Pears 1% Milk or FF Chocolate Milk</p>
MONDAY 9/2	TUESDAY 9/3	WEDNESDAY 9/4	THURSDAY 9/5	FRIDAY 9/6
<p>No School</p>	<p>Barbecue Chicken</p> <p>Macaroni and Cheese</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Southern Collard Greens Diced Oven Roasted Sweet Potatoes Diced Peaches 1% Milk or FF Chocolate Milk</p>	<p>4 Cheese Baked Ziti</p> <p>Tuscan Baked Cod Fish</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Mediterranean Vegetable Blend Cheesy Garlic Bread Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Local Peach Barbecue Glazed Chicken Breast with Whole Grain Buttermilk Biscuit</p> <p>Grilled All Beef Hot Dog on a Whole Grain Bun</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Steamed Corn on the Cob Quartered Herb Roasted Red Potatoes Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Pepperoni or Cheese Whole Grain Pizza with Homemade Sauce</p> <p>Sloppy Joe on a Whole Grain Bun</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Tossed Salad with Low Fat Dressing, California Vegetable Medley Pears 1% Milk or FF Chocolate Milk</p>
MONDAY 9/9	TUESDAY 9/10	WEDNESDAY 9/11	THURSDAY 9/12	FRIDAY 9/13
<p>Calypso Chicken Breast</p> <p>Grilled Veggie Burger with Swiss and Avocado on a Whole Grain Bun</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Curried Summer Vegetable Blend Island Peas and Rice Fresh Melon 1% Milk or FF Chocolate Milk</p>	<p>Ground Beef Tacos</p> <p>Grilled Veggie Quesadilla with Salsa and Sour Cream</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Refried Beans Chili Lime Corn Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Grilled Cheeseburger on a Whole Grain Bun</p> <p>Grilled Hot Dog on a Whole Grain Bun</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Grilled Zucchini Potato and Egg Salad Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Teriyaki Baked Salmon Filet</p> <p>Turkey Burger on a Whole Grain Bun</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Scallion Rice Seasoned Steamed Cabbage Applesauce 1% Milk or FF Chocolate Milk</p>	<p>Barbecue Chicken or Cheese Whole Grain Pizza with Homemade Sauce</p> <p>Tuna Melt on Texas Toast with Tomatoes and Provolone</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Tossed Salad with Low Fat Dressing, Quartered Herb Roasted Red Potatoes Pears 1% Milk or FF Chocolate Milk</p>
MONDAY 9/16	TUESDAY 9/17	WEDNESDAY 9/18	THURSDAY 9/19	FRIDAY 9/20
<p>Spaghetti and Meatballs</p> <p>Barbecue Chicken Sandwich on a Whole Grain Bun with Lettuce and Tomatoes</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Steamed Broccoli Cheesy Garlic Bread Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Grilled Chicken Fajitas with Peppers and Onions</p> <p>Crispy Fish Sandwich with American Cheese on Whole Grain Bun</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Cajun Cole Slaw Red Beans and Rice Diced Pineapple 1% Milk or FF Chocolate Milk</p>	<p>Whole Grain Chicken Tenders with Dipping Sauces</p> <p>Cheese Steak Sub</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Baked French Fries California Blend Vegetables Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Turkey Pot Pie with Whole Grain Biscuits</p> <p>Meatball Sub on a Whole Grain Roll</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Crispy Potato Wedges California Blend Vegetables Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Italian Sausage or Cheese Whole Grain Pizza with Homemade Sauce</p> <p>Grilled Cheeseburger on a Whole Grain Bun</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Sweet Potato Fries Key Largo Vegetables Pears 1% Milk or FF Chocolate Milk</p>
MONDAY 9/23	TUESDAY 9/24	WEDNESDAY 9/25	THURSDAY 9/26	FRIDAY 9/27
<p>Teriyaki Chicken Strips</p> <p>Shrimp Stir Fry</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Vegetable Fried Rice Asian Stir Fry Vegetables Diced Pineapple 1% Milk or FF Chocolate Milk</p>	<p>Ground Beef Tacos</p> <p>Grilled Veggie Quesadilla with Salsa and Sour Cream</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Spanish Rice Tex Mex Salad (diced tomatoes, roasted corn, black beans, diced peppers, crisp romaine, tortilla strips, and cheddar cheese) Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Baked Chicken Nuggets</p> <p>Pulled Pork and Cole Slaw Sandwich on a Whole Grain Bun</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Steamed Corn on the Cob Quartered Herb Roasted Red Potatoes Applesauce 1% Milk or FF Chocolate Milk</p>	<p>Smoked Barbecue Brisket with Whole Grain Roll</p> <p>All Beef Hot Dog with Vegetable Chili on a Whole Grain Sub Roll with Shredded Cheese</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Sweet Potato Fries Key Largo Vegetables Pears 1% Milk or FF Chocolate Milk</p>	<p>Buffalo Chicken or Cheese Whole Grain Pizza with Homemade Sauce</p> <p>Chicken Caesar Panini with Spinach, Tomatoes, and Provolone Cheese</p> <p>Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Pesto Parmesan Risotto Pacific Vegetable Blend Pears 1% Milk or FF Chocolate Milk</p>