

SUMMER 2022
High School Lunch Menu

Monday 7/4	Tuesday 7/5	Wednesday 7/6 National Fried Chicken Day	Thursday 7/7 National Macaroni Day	Friday 7/8
	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Cheese Steak Sub with American Cheese on a Whole Grain Roll</p> <p>Sandwich Option #1: Turkey and Cheddar with Lettuce, Tomato on a Kaiser Roll</p> <p>Salad Option #1: Chicken Salad over Garden Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: California Blend Vegetables, Sweet Potato Fries</p> <p>Today's Fruit: Apple Slices, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Oven Fried Chicken Breast and Waffles with Sugar Free Syrup</p> <p>Lunch Option #2: Oven Fried Cod Fish and Waffles with Sugar Free Syrup</p> <p>Sandwich Option #1: Roast Beef and Swiss with Lettuce, Tomato on a Pretzel Bun</p> <p>Salad Option #1: Cobb Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Local Sweet Corn on the Cob Home-style Potato Salad</p> <p>Today's Fruit: Diced Pears, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Grilled Cheeseburger on a Whole Grain Bun with Lettuce and Tomato</p> <p>Lunch Option #2: Grilled Veggie Burger on a Whole Grain Bun with Lettuce and Tomato</p> <p>Sandwich Option #1: Chicken Salad Wrap with Lettuce and Tomato</p> <p>Salad Option #1: Roasted Veggie and Fresh Mozzarella Salad over Greens with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Macaroni Salad Baked Fries</p> <p>Today's Fruit: Mixed Grapes, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	
Monday 7/11	Tuesday 7/12	Wednesday 7/13 National French Fry Day	Thursday 7/14 National Mac and Cheese Day	Friday 7/15
<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Eggplant Parmesan Sub with Sliced Tomatoes, and Fresh Mozzarella on a Whole Grain Roll</p> <p>Sandwich Option #1: Italian Cold Cut</p> <p>Salad Option #1: Chef Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Steamed Broccoli Herb and Garlic Roasted Local Potatoes</p> <p>Today's Fruit: Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Lunch Option #2: Fiesta Corn and Black Bean Quesadilla with Peppers, Onions, Cheese, Sour Cream and Salsa</p> <p>Sandwich Option #1: Oven Fried Chicken Sandwich with Lettuce, Tomatoes, and Pickles</p> <p>Salad Option #1: Tuna Fish Garden Salad with Fat Free Ranch Dressing and a Whole Grain Roll</p> <p>Today's Sides: Spanish Rice Key Largo Vegetables</p> <p>Today's Fruit: Watermelon, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Barbecue Baby Back Ribs</p> <p>Lunch Option #2: Pulled Pork Barbecue Sandwich on a Kaiser Roll</p> <p>Sandwich Option #1: Grilled Chicken Caesar Wrap</p> <p>Salad Option #1: Cobb Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Baked French Fries Cole Slaw</p> <p>Today's Fruit: Apple Sauce, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Homemade Baked Macaroni and Cheese</p> <p>Lunch Option #2: Grilled Hot Dog on a Whole Grain Bun with Ketchup and Mustard</p> <p>Sandwich Option #1: Tuna Salad with Lettuce and Tomato on a Kaiser Roll</p> <p>Salad Option #1: Roasted Veggie and Fresh Mozzarella Salad over Greens with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Marinated Cucumber and Tomato Salad Red Potato Salad</p> <p>Today's Fruit: Watermelon, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	
Monday 7/18	Tuesday 7/19	Wednesday 7/20 National Hot Dog Day	Thursday 7/21	Friday 7/22
<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Sausage and Peppers Sub on a Whole Grain Roll</p> <p>Sandwich Option #1: Ham and American Cheese on Wheat with Lettuce, Tomato, and Honey Mustard</p> <p>Salad Option #1: Chef Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Sweet Potato Fries Steamed Green Beans</p> <p>Today's Fruit: Diced Peaches, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Lunch Option #2: Chili Lime Chicken Breast with Black Bean and Corn Pico de Gallo</p> <p>Sandwich Option #1: Turkey and Cheddar with Lettuce, Tomato on a Kaiser Roll</p> <p>Salad Option #1: Chicken Salad over Garden Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Spanish Rice Roasted Plantains</p> <p>Today's Fruit: Apple Slices, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Baked Whole Grain Chicken Tenders with Honey Mustard Dipping Sauce</p> <p>Lunch Option #2: All Beef Hot Dog with Ketchup and Mustard on a Whole Grain Bun</p> <p>Sandwich Option #1: Roast Beef and Swiss with Lettuce, Tomato on a Pretzel Bun</p> <p>Salad Option #1: Cobb Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Oven Baked Fries, Italian Vegetable Blend</p> <p>Today's Fruit: Diced Pears, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Indian Tandoori Chicken</p> <p>Lunch Option #2: Baked Whole Grain Fish Sticks with Tarter Sauce</p> <p>Sandwich Option #1: Chicken Salad Wrap with Lettuce and Tomato</p> <p>Salad Option #1: Roasted Veggie and Fresh Mozzarella Salad over Greens with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Scented Jasmine Rice Mediterranean Blend Vegetables</p> <p>Today's Fruit: Mixed Grapes, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	
Monday 7/25	Tuesday 7/26 National Tofu Day	Wednesday 7/27 National Chicken Finger Day	Thursday 7/28 National Chili Dog Day	Friday 7/29

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<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Meatlovers Pizza on Whole Grain Crust</p> <p>Sandwich Option #1: Italian Cold Cut</p> <p>Salad Option #1: Chef Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Steamed Green Beans Garden Salad with Low Fat Dressing</p> <p>Today's Fruit: Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Southwest Flank Steak</p> <p>Lunch Option #2: Baked Tilapia Ratatouille</p> <p>Sandwich Option #1: Oven Fried Chicken Sandwich with Lettuce, Tomatoes, and Pickles</p> <p>Salad Option #1: Tuna Fish Garden Salad with Fat Free Ranch Dressing and a Whole Grain Roll</p> <p>Today's Sides: Marinated Grilled Tofu (tasting) Sautéed Zucchini and Onions Rice Pilaf</p> <p>Today's Fruit: Watermelon, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Baked Chicken Fingers with Honey Mustard Dipping Sauce</p> <p>Lunch Option #2: Meatball Parmesan Sub on a Whole Grain Bun</p> <p>Sandwich Option #1: Grilled Chicken Caesar Wrap</p> <p>Salad Option #1: Cobb Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: California Blend Vegetables Baked Fries</p> <p>Today's Fruit: Apple Sauce, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Grilled Cheeseburger on a Whole Grain Roll with Lettuce and Tomato</p> <p>Lunch Option #2: Chili Cheese Dog on a Whole Grain Bun</p> <p>Sandwich Option #1: Tuna Salad with Lettuce and Tomato on a Kaiser Roll</p> <p>Salad Option #1: Roasted Veggie and Fresh Mozzarella Salad over Greens with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Macaroni Salad Local Corn on the Cob</p> <p>Today's Fruit: Watermelon, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	
Monday 8/1	Tuesday 8/2	Wednesday 8/3 National Watermelon Day	Thursday 8/4 National Chocolate Chip Cookie Day	Friday 8/5
<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Cheesesteak Sub on w Whole Grain Roll with American Cheese</p> <p>Sandwich Option #1: Ham and American Cheese on Wheat with Lettuce, Tomato, and Honey Mustard</p> <p>Salad Option #1: Chef Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Baked Sweet Potato Fries Steamed Broccoli</p> <p>Today's Fruit: Diced Peaches, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Spaghetti and Meatballs with Marinara</p> <p>Lunch Option #2: Pasta Primavera with Marinara</p> <p>Sandwich Option #1: Turkey and Cheddar with Lettuce, Tomato on a Kaiser Roll</p> <p>Salad Option #1: Chicken Salad over Garden Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Squash and Zucchini Casserole Seasoned Green Beans</p> <p>Today's Fruit: Apple Slices, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Baked Chicken Tenders with Barbecue Dipping Sauce</p> <p>Lunch Option #2: Mini Corn Dogs with Honey Mustard Dipping Sauce</p> <p>Sandwich Option #1: Roast Beef and Swiss with Lettuce, Tomato on a Pretzel Bun</p> <p>Salad Option #1: Cobb Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Cole Slaw Baked Fries</p> <p>Today's Fruit: Diced Pears, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Teriyaki Glazed Salmon</p> <p>Lunch Option #2: Honey Mustard Turkey Breast Cutlet</p> <p>Sandwich Option #1: Chicken Salad Wrap with Lettuce and Tomato</p> <p>Salad Option #1: Roasted Veggie and Fresh Mozzarella Salad over Greens with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Rice Pilaf German Blend Vegetables</p> <p>Today's Fruit: Mixed Grapes, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	