

SEPTEMBER 2022
High School and L.E.A.P Lunch Menu

| Monday 8/29 National Chop Suey Day | Tuesday 8/30 | Wednesday 8/31 | Thursday 9/1 National Tofu Day | Friday 9/2 World Coconut Day |
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| <p>Lunch Option #1: Chicken Chop Suey</p> <p>Lunch Option #2: Sesame and Ginger Flank Steak</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: Jasmine Rice Steamed Fresh Green Beans</p> <p>Today's Fruit: Diced Peaches, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p> | <p>Lunch Option #1: Barbecue Ribs</p> <p>Lunch Option #2: Cheese Steak Sub with American Cheese on a Whole Grain Roll</p> <p>Sandwich Option #1: Chicken Salad Wrap with Lettuce and Tomato</p> <p>Salad Option #1: Chicken Salad over Garden Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Cole Slaw Baked Beans</p> <p>Today's Fruit: Apple Slices, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p> | <p>Lunch Option #1: Chicken Breast with Glazed Apples</p> <p>Lunch Option #2: Turkey Burger with Apples and Onions</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: Home-style Macaroni and Cheese</p> <p>Lunch Option #2: Grilled Veggie Burger on a Whole Grain Bun with Lettuce and Tomato</p> <p>Sandwich Option #1: Turkey and Cheddar with Lettuce, Tomato on a Kaiser Roll</p> <p>Salad Option #1: Caprese Salad over Spinach Vine Ripe Tomatoes, Fresh Mozzarella, Roasted Red Peppers, Red Onions and Basil with a Whole Grain Roll and Fat Free Balsamic</p> <p>Today's Sides: California Blend Vegetables Diced Roasted Potatoes</p> <p>Today's Fruit: Mixed Grapes, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p> | <p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Pina Colada Chicken Sandwich on a Whole Grain Bun with Lettuce and Tomato</p> <p>Sandwich Option #1: Italian Cold Cut</p> <p>Salad Option #1: Antipasto Salad over Field Greens with Fat Free Italian and a Whole Grain Roll</p> <p>Today's Sides: Baked Sweet Potato Fries Steamed Broccoli</p> <p>Today's Fruit: Mandarin Oranges, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p> |
| Monday 9/5 Labor Day No School | Tuesday 9/6 | Wednesday 9/7 National Acorn Squash Day | Thursday 9/8 | Friday 9/9 National Weiner Schnitzel Day |
| | <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: Tuna Salad Sandwich on a Whole Grain Roll with Lettuce and Tomato</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: House Made Meat Lasagna with Marinara Sauce</p> <p>Lunch Option #2: Cheese Ravioli with Marinara Sauce</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: Roasted Acorn Squash Cheesy Garlic Bread</p> <p>Today's Fruit: Apple Sauce, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p> | <p>Lunch Option #1: Apple and Chili Rubbed Salmon with Fresh Sage</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 Home Style Potato Salad</p> <p>Today's Fruit: Fresh Fruit Salad, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p> | <p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Weiner Schnitzel (breaded veal cutlet)</p> <p>Sandwich Option #1: Ham and American Cheese on Wheat with Lettuce, Tomato, and Honey Mustard Roll</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 Cabbage</p> <p>Today's Fruit: Whole Apple, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p> |
| Monday 9/12 | Tuesday 9/13 International Chocolate Day | Wednesday 9/14 | Thursday 9/15 National Linguini Day | Friday 9/16 National Guacamole Day |
| <p>Lunch Option #1: Chicken Parmesan</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: Pesto Parmesan Risotto Italian Blend Vegetables</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: Mexican Chicken Mole (Mexican Chocolate Sauce)</p> <p>Sandwich Option #1: Chicken Salad Wrap with Lettuce and Tomato</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 Whole Grain Chocolate Chip Cookie</p> <p>Today's Fruit: Apple Slices, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p> | <p>Lunch Option #1: Apple Smothered Pork Chops</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: Savory Roasted Sweet Potatoes and Apples, California Blend Vegetables</p> <p>Today's Fruit: Diced Pears, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p> | <p>Lunch Option #1: Linguini Alfredo with Grilled Chicken</p> <p>Lunch Option #2: Baked Whole Grain Fish Sticks with Tarter Sauce</p> <p>Sandwich Option #1: Turkey and Cheddar with Lettuce, Tomato on a Kaiser Roll</p> <p>Salad Option #1: Caprese Salad over Spinach Vine Ripe Tomatoes, Fresh Mozzarella, Roasted Red Peppers, Red Onions and Basil with a Whole Grain Roll and Fat Free Balsamic</p> <p>Today's Sides: Oven Roasted Potato Wedges Mediterranean Blend Vegetables</p> <p>Today's Fruit: Mixed Grapes, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk Chicken Salad Wrap with Lettuce and Tomato</p> | <p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Southwestern Chicken Panini (chicken breast, guacamole, pepper jack cheese, lettuce and tomato)</p> <p>Sandwich Option #1: Italian Cold Cut</p> <p>Salad Option #1: Antipasto Salad over Field Greens with Fat Free Italian and a Whole Grain Roll</p> <p>Today's Sides: Baked Sweet Potato Fries Steamed Broccoli</p> <p>Today's Fruit: Mandarin Oranges, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p> |
| Monday 9/19 | Tuesday 9/20 National Fried Rice Day / National Pepperoni Pizza Day | Wednesday 9/21 | Thursday 9/22 | Friday 9/23 National Great American Pot Pie Day |

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| <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: Barbecue Crispy Chicken Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Mashed Butternut Squash Rice Pilaf</p> <p>Today's Fruit: Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p> | <p>Lunch Option #1: General Tso's Chicken</p> <p>Lunch Option #2: Pepperoni Flatbread</p> <p>Sandwich Option #1: Tuna Salad Sandwich on a Whole Grain Roll with Lettuce and Tomato</p> <p>Salad Option #1: Tuna Fish Garden Salad with Fat Free Ranch Dressing and a Whole Grain Roll</p> <p>Today's Sides: Vegetable Fried Rice Steamed Broccoli</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: Grilled Chicken Caesar Wrap</p> <p>Sandwich Option #1: Meatball Parmesan Sub on a Whole Grain Bun</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: Indian Tandoori Chicken</p> <p>Lunch Option #2: Cheesesteak Sub on w Whole Grain Roll with American Cheese</p> <p>Sandwich Option #1: Roasted Veggie and Hummus Wrap</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: Apple Curry Rice Local Corn on the Cob</p> <p>Today's Fruit: Fresh Fruit Salad, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p> | <p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Chicken Pot Pie with Whole Grain Buttermilk Biscuit Crust</p> <p>Sandwich Option #1: Waldorf Chicken Salad Sandwich on a Whole Grain Bun with Lettuce and Tomato</p> <p>Salad Option #1: Waldorf Chicken Salad over Garden Salad with Fat Free Balsamic Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Steamed Baby Carrots Garlic Mashed Potatoes</p> <p>Today's Fruit: Whole Apple, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p> |
| <p>Monday 9/26 Rosh Hashanah / No School</p> | <p>Tuesday 9/27 National Corned Beef Hash Day</p> | <p>Wednesday 9/28</p> | <p>Thursday 9/29</p> | <p>Friday 9/30 German Sandwich Day</p> |
| | <p>Lunch Option #1: Whole Grain Pancakes and Sausage Patties with Sugar Free Syrup</p> <p>Lunch Option #2: Grilled Cheese on Texas Toast</p> <p>Sandwich Option #1: Chicken Salad Wrap with Lettuce and Tomato</p> <p>Salad Option #1: Chicken Salad over Garden Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Corned Beef Hash California Blend Vegetables</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: Grilled Turkey Burger with Cheddar Cheese, Lettuce, Tomato on a Whole Grain Roll with Ketchup and Mustard</p> <p>Sandwich Option #1: Turkey and Cheddar with Lettuce, Tomato on a Kaiser Roll</p> <p>Salad Option #1: Caprese Salad over Spinach Vine Ripe Tomatoes, Fresh Mozzarella, Roasted Red Peppers, Red Onions and Basil with a Whole Grain Roll and Fat Free Balsamic</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> | <p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Cheesesteak Sub on a Whole Grain Roll with American Cheese</p> <p>Sandwich Option #1: German Sandwich</p> <p>Salad Option #1: Antipasto Salad over Field Greens with Fat Free Italian and a Whole Grain Roll</p> <p>Today's Sides: Baked Sweet Potato Fries Steamed Broccoli</p> <p>Today's Fruit: Mandarin Oranges, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p> |