

GRAB & GO BREAKFAST MENU HIGH SCHOOL 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
FLATBREAD	EGG WRAP	BREAKFAST SLIDERS	FLATBREAD	EGG WRAP
FRUDELS	MINI BAGELS	MINI FRENCH TOAST	FRUDELS	MINI BAGELS
CROISSANT SANDWICH	PANCAKEWICH	CROISSANT SANDWICH	PANCAKEWICH	CROISSANT SANDWICH
YOGURT PARFAIT	BREAKFAST SMOOTHIE	YOGURT PARFAIT	BREAKFAST SMOOTHIE	YOGURT PARFAIT
CEREAL BAR	CEREAL BAR	CEREAL BAR	CEREAL BAR	CEREAL BAR
ASSORTED MUFFINS	POP-TARTS	ASSORTED MUFFINS	POP-TARTS	ASSORTED MUFFINS
VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK

- **Students must have at least 3 subgroups on their trays; one must be a fruit or vegetable.**
- **Cereal or cereal bars are always offered as a second choice.**
- **White Milk, Chocolate Milk & Strawberry Milk are offered at each meal**

Menus are subject to change at any time, without notice.

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(1) mail: U.S. Department of Agriculture: Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

HIGH SCHOOL LUNCH MENU 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1				
Chicken Bacon Pizza	Spaghetti	Spicy Italian Sub	Chicken Alfredo Flatbread	Mozzarella Sticks
Thai Sweet Chili Chicken	Baked Potato Bar	Chicken Enchiladas	Chicken Salad Wrap	White Chicken Chili
Chicken Sandwiches	Burgers	Chicken Sandwiches	Tiger Ribs	Chicken Sandwiches
WEEK 2				
Meat Trio Pizza	Lasagna	Chicken Parmesean Sandwich	BBQ Chicken Pizza	Chicken Carbonara
General Tso's Chicken	Buffalo Hot Wings	Burrito Bar	Mesquite Chicken	Empanada
Chicken Sandwiches	Burgers	Chicken Sandwiches	Philly Cheese	Chicken Sandwiches
WEEK 3				
Buffalo Chicken Pizza	Chicken Alfredo	Chicken Tenders	Thai Chicken Flatbread	Baked Ziti w/ Italian Sausage
New Orleans Chicken	Jambalaya	Mexican Lasagna	Chicken Pot Pie	Chicken Curry Casserole
Chicken Sandwiches	Burgers	Chicken Sandwiches	Grilled Cheese	Chicken Sandwiches
WEEK 4				
Hawaiian Pizza	Pizza Pasta Bake	Bosco Sticks	Ranch Chicken Flatbread	Chicken Scampi
Orange Chicken	Thai Noodle Bowl	Nacho Bar	Shepherd's Pie (Ireland)	Queso Burrito
Chicken Sandwiches	Burgers	Chicken Sandwiches	Tiger Ribs	Chicken Sandwiches
WEEK 5				
Cheeseburger Pizza	Chic Penne	Meatball Sub	Chicken Marinara Flatbread	Mac & Cheese
Cherry Blossom Chicken	Breakfast Bar	Fiesta Rice Bowl	Quesadillas	Jerk Chicken (Jamaica)
Chicken Sandwiches	Burgers	Chicken Sandwiches	Chicken Sandwiches	Chicken Sandwiches

Uncrustable Grab & Go Ham Sub	Uncrustable Grab & Go Grilled Chicken Wrap	Uncrustable Grab & Go Italian Sub	Uncrustable Grab & Go Buffalo Chicken Wrap	Uncrustable Grab & Go Turkey Sub
Fantastically Fruity Salad (August-October, March-May) Fajita Chicken Salad (November-February)				
Uncrustable Grab & Go Ham Sub	Uncrustable Grab & Go Philly Wrap	Uncrustable Grab & Go Italian Sub	Uncrustable Grab & Go Chicken Tender Wrap	Uncrustable Grab & Go Turkey Sub
Spicy Buffalo Salad				
Uncrustable Grab & Go Ham Sub	Uncrustable Grab & Go Grilled Chicken Wrap	Uncrustable Grab & Go Italian Sub	Uncrustable Grab & Go Buffalo Chicken Wrap	Uncrustable Grab & Go Turkey Sub
Cobb Salad				
Uncrustable Grab & Go Ham Sub	Uncrustable Grab & Go Grilled Chicken Wrap	Uncrustable Grab & Go Italian Sub	Uncrustable Grab & Go Buffalo Chicken Wrap	Uncrustable Grab & Go Turkey Sub
Greek Salad				
Uncrustable Grab & Go Ham Sub	Uncrustable Grab & Go Philly Wrap	Uncrustable Grab & Go Italian Sub	Uncrustable Grab & Go Chicken Tender Wrap	Uncrustable Grab & Go Turkey Sub
Asian Sesame Salad				

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