



High School Lunch Menu August / September 2023



TOGETHER - Preparing EVERY
Student for Future Success

Monday August 21, 2023	Taco Tuesday August 22, 2023	Wave Grill Wed. August 23, 2023	Pasta Thursday August 24, 2023	Friday August 25, 2023
CONVOCATION DAY NO SCHOOL	PREP DAY NO SCHOOL	Dip & Dust Wings Boneless or Bone-In Wings Choice of Dipping Sauce or Dust Seasoning w/ Roll	Homemade Beefaroni w/ Wg Roll	Hawaiian Pork Sandwich on a Bun
		Featured Veggies: French Fries Celery & Carrot Sticks Choice of Fruit Choice of Milk	Featured Veggies: Caesar Salad Steamed Broccoli Choice of Fruit Choice of Milk	Featured Veggies: Pineapple Slaw Curly Fries Choice of Fruit Choice of Milk

This week's Bravo... Mexican Bar

Monday August 28, 2023	Taco Tuesday August 29, 2023	Wave Grill Wed. August 30, 2023	Pasta Thursday August 31, 2023	Friday September 1, 2023
Chicken Mash Potato Bowl w/ Wg Roll	Walking Taco w/ sour cream and salsa	Breakfast Sandwich Grill w/ choice of Ham, Bacon or sausage, Egg Patty and choice of Bread and Cheese	Pasta and Meatballs w Breadstick	Beef and Cheddar Cheese Fries
Featured Veggies: Mash Potatoes Yellow Corn Choice of Fruit Choice of Milk	Featured Veggies: Seasoned Pinto Beans Lettuce and Tomato Cup Choice of Fruit Choice of Milk	Featured Veggies: Hash Browns Sliced Tomato and Letuce Choice of Fruit Choice of Milk	Featured Veggies: Italian Salad Green Beans Choice of Fruit Choice of Milk	Featured Veggies: Sliced Cucumbers Steamed Peas Choice of Fruit Choice of Milk

This week's Bravo... Texas Smoke House

Monday September 4, 2023	Taco Tuesday September 5, 2023	Wave Grill Wed. September 6, 2023	Pasta Thursday September 7, 2023	Friday September 8, 2023
LABOR DAY NO SCHOOL	PD DAY NO SCHOOL	Fajita Grill Choice of Steak or Chicken Regular or Spicy Cheese Sauce and choice of shells	Cheese Stuffed Breadsticks and Marinara Sauce.	Cowboy Burger w/ BBQ Sauce, Onion rings & Cheddar on Pretzel Roll
		Featured Veggies: Peppers & Onions Black Beans Choice of Fruit Choice of Milk	Featured Veggies: Sliced Cucumbers Steamed Corn Choice of Fruit Choice of Milk	Featured Veggies: Onion Rings Celery Sticks Choice of Fruit Choice of Milk

This week's Bravo... Brunch Bar

Monday September 11, 2023	Taco Tuesday September 12, 2023	Wave Grill Wed. September 13, 2023	Pasta Thursday September 14, 2023	Friday September 15, 2023
Italian Meatball Sandwich on a Hoagie Bun w/ Sauce and Cheese	Chicken or Cheese Quesadilla w/ sour cream and salsa	Ball Park Grill Chicken or Philly CheeseSteak, Sausage Link or Hot Dogs	Chicken Alfredo w/ Breadstick	BBQ Ribby Sandwich with Pickles & Onions
Featured Veggies: Seasoned Fries Steamed carrots Choice of Fruit Choice of Milk	Featured Veggies: Refried Beans Steamed Broccoli Choice of Fruit Choice of Milk	Featured Veggies: Peppers & Onions Baked Beans Choice of Fruit Choice of Milk	Featured Veggies: Caesar Salad Mixed Vegetable Choice of Fruit Choice of Milk	Featured Veggies: French Fries Green Beans Choice of Fruit Choice of Milk

This week's Bravo... Asian Bar

Monday September 18, 2023	Taco Tuesday September 19, 2023	Wave Grill Wed. September 20, 2023	Pasta Thursday September 21, 2023	Friday September 22, 2023
Toasted 3 Cheese Sandwich	Nacho Grande w/ Tortilla Chips w/ sour cream and salsa	Polish Grill Choice of Hot Dogs or Kielbasa, Pierogi, and Cheese Sauce	Macaroni & Cheese w/ Wg Roll	Chicken Tenders w/ WG Roll
Featured Veggies: Tomato Soup Roasted Red Potatoes Choice of Fruit Choice of Milk	Featured Veggies: Corn & Black Bean Salsa Lettuce and Tomato Cup Choice of Fruit Choice of Milk	Featured Veggies: SauerKraut Sauted Onion Choice of Fruit Choice of Milk	Featured Veggies: Side Salad Corn Cobbette Choice of Fruit Choice of Milk	Featured Veggies: Potato Wedges Babby Carrots Choice of Fruit Choice of Milk

This week's Bravo... Deli Bar

Monday September 25, 2023	Taco Tuesday September 26, 2023	Wave Grill Wed. September 27, 2023	Pasta Thursday September 28, 2023	Friday September 29, 2023
Hot Ham & Cheese Sandwich on a Pretzel Roll	Chimichuri Pork Tacos w/ Tortilla Shells w/ sour cream and salsa	Build a Burger Grill Hamburger or Black Bean Burger w/ bacon, onion rings, and choice of Cheese	Fresh Made Stromboli w/ Pepperoni and Cheese and Marinara Sauce.	Buffalo Chicken Flatbread
Featured Veggies: tater Tots Steamed Corn Choice of Fruit Choice of Milk	Featured Veggies: Seasoned Bean Dip Lettuce and Tomato Cup Choice of Fruit Choice of Milk	Featured Veggies: Grilled Mushrooms & Onion French Fries Choice of Fruit Choice of Milk	Featured Veggies: Italian Salad Green Beans Choice of Fruit Choice of Milk	Featured Veggies: Broccoli Salad Baked Beans Choice of Fruit Choice of Milk

This week's Bravo... Pasta Bar

DAILY ENTRÉE OPTIONS MAY INCLUDE:

Bravo Bars

Cheese Burger
on a Bun

Whole Grain Chicken Patty
on a Bun
Whole Grain Spicy Chicken Patty
on a Bun

Cheese Pizza

Pepperoni Pizza

Hamburger on a Bun

What is a Meal?

You must choose at least
3 of 5 components available
for the school lunch price.
Meat or meat alternate, choice
of vegetable,
choice of fruit,
grain/ bread and
choice of milk
1% White, Fat Free White
Fat Free Chocolate
Fat Free Vanilla,
Fat Free Strawberry
A minimum of
1/2 cup serving of fruit
or a minimum of
a 1/2 cup vegetable
MUST accompany a

Weekly Vegetable Subgroups

May Include:

Dark green (spinach, broccoli, romaine,
spring salad),
red/orange (carrots, sweet potatoes,
tomatoes, red peppers),
beans/peas (legumes),
starchy (white potatoes,
corn, peas, lima beans),
Other vegetables will include
celery sticks, cucumbers, cauliflower,
green peppers,
green beans, cabbage,
green peppers.

Daily Fruit Selections May Include:
Oranges, Apples, Bananas, Grapes,
Pears, Peaches, Cantaloupe, Melon,
Strawberries, Applesauce, Pineapple,
and Mandarin Oranges.



Chef Salad
Grilled Chicken Salad
Taco Salad
Farmhouse Salad, Strawberry
Spinach Salad Popcorn
Chicken Wrap Turkey &
Cheese Wrap

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Menu subject to change based on
product availability

This Institution is an equal opportunity provider

Student Paid Lunch \$0.00

Student Reduced Lunch \$0.00

Adult Lunch \$4.25

For your convenience we now offer a way to pay online. Go to "www.payschoolscentral.com" to find out more.