



High School Lunch Menu Summer 2023



TOGETHER - Preparing EVERY
Student for Future Success

Monday June 5, 2023	Tuesday June 6, 2023	Wednesday June 7, 2023	Thursday June 8, 2023	Friday June 9, 2023
Chicken Tenders w/ Dinner Roll	Pulled Pork Sandwich on a WG Bun	Italian Meatball Sub on a Hoagie Bun	Buffalo Chicken Dip w/ Tortilla Chips	Cowboy Burger on a WG Bun
Featured Veggies: Green Beans Fresh Veggies Choice of Fruit Choice of Milk	Featured Veggies: Baked Beans Fresh Veggies Choice of Fruit Choice of Milk	Featured Veggies: French Fries Fresh Veggies Choice of Fruit Choice of Milk	Featured Veggies: Corn Fresh Veggies Choice of Fruit Choice of Milk	Featured Veggies: Steamed Broccoli Fresh Veggies Choice of Fruit Choice of Milk
Monday June 12, 2023	Tuesday June 13, 2023	Wednesday June 14, 2023	Thursday June 15, 2023	Friday June 16, 2023
General Tso Chicken w/ WG Roll & Rice	Villa Prima Pizza	Cheeseburger on a WG Bun	Buffalo Chicken Nuggets w/ WG Roll	Nacho Grande w/ Tortilla Chips
Featured Veggies: Green Beans Fresh Veggies Choice of Fruit Choice of Milk	Featured Veggies: Corn Fresh Veggies	Featured Veggies: French Fries Fresh Veggies Choice of Fruit Choice of Milk	Featured Veggies: Broccoli w/ Cheese Fresh Veggies Choice of Fruit Choice of Milk	Featured Veggies: Refried Beans Fresh Veggies Choice of Fruit Choice of Milk
Monday June 19, 2023	Tuesday June 20, 2023	Wednesday June 21, 2023	Thursday June 22, 2023	Friday June 23, 2023
NO SCHOOL JUNETEENTH DAY	Spicy Chicken Patty on a WG Bun	Cheese Quesadilla	Walking Taco	Pasta & Meatballs w/ Breadstick
	Featured Veggies: Baked Beans Fresh Veggies Choice of Fruit Choice of Milk	Featured Veggies: Mixed Vegetables Fresh Veggies Choice of Fruit Choice of Milk	Featured Veggies: Seasoned Black Beans Fresh Veggies Choice of Fruit Choice of Milk	Featured Veggies: Steamed Carrots Fresh Veggies Choice of Fruit Choice of Milk
Monday June 26, 2023	Tuesday June 27, 2023	Wednesday June 28, 2023	Thursday June 29, 2023	Friday June 30, 2023
Macaroni & Cheese w/ WG Roll	Chicken Patty on a WG Bun	BBQ Ribby Sandwich	Beef Tacos w/ Soft Shells	Buffalo Chicken Flatbread
Featured Veggies: Corn Fresh Veggies Choice of Fruit Choice of Milk	Featured Veggies: Green Beans Fresh Veggies Choice of Fruit Choice of Milk	Featured Veggies: French Fries Fresh Veggies Choice of Fruit Choice of Milk	Featured Veggies: Broccoli Fresh Veggies Choice of Fruit Choice of Milk	Featured Veggies: Baked Beans Fresh Veggies Choice of Fruit Choice of Milk
Monday July 3, 2023	Tuesday July 4, 2023	Wednesday July 5, 2023	Thursday July 6, 2023	Friday July 7, 2023
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Monday July 10, 2023	Tuesday July 11, 2023	Wednesday July 12, 2023	Thursday July 13, 2023	Friday July 14, 2023
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
<div>Student Paid Lunch \$0.00 Student Reduced Lunch \$0.00 Adult Lunch \$4.25</div>				

DAILY ENTRÉE OPTIONS MAY INCLUDE:

Craveable:
PB & Jelly Uncrustable

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.

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Menu subject to change based on
product availability

This Institution is an equal opportunity provider.

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