

May 2012

High School Lunch Menu

MENU PRICES

Paid \$2.50
Reduced \$0.25
Free \$0.00

MONDAY

Choose Your Entrée Selection:

- Warm Ham and Cheese Bagel* with Fresh Orange Wedge Garnish
Total Calories = 539
- Deli Turkey Breast Wedge with Crispy Potato Rounds, Ketchup and Mayonnaise Packet
Total Calories = 432
- Zesty Chicken Fajita on Pita Half with Garden Salsa and Fresh Carrot Stick Garnish
Total Calories = 272
- Dannon Yogurt Salad Plate with Mozzarella Cheese, Graham Cracker Packets Lettuce and Dressing
Total Calories = 420

Choose Your Sides (one or all)

- Tangy Bean Salad with Italian Dressing
Total Calories = 53
- Healthy Trails Dried Fruit Cup or Fresh Fruit Choice
Total Calories = 107
- Milk Choice
Total Calories = 97

TUESDAY

Choose Your Entrée Selection:

- New! Totally Taco Triangles with Garden Salsa & Fresh Grape Garnish
Total Calories = 278
- Manager's Choice* (suggest your favorite!)
Total Calories = varies
- Oven Roasted Chicken with Italian Bread Slice and Hot Sweet Potato Garnish
Total Calories = 287
- Dannon Yogurt Salad Plate with Mozzarella Cheese, Graham Cracker Packets Lettuce & Dressing
Total Calories = 420

Choose Your Sides (one or all)

- Steamed Peas with Onion Pieces
Total Calories = 20
- Healthy Trails Dried Fruit Cup or Fresh Fruit Choice
Total Calories = 107
- Milk Choice
Total Calories = 97

WEDNESDAY

Choose Your Entrée Selection:

- Warm Ham and Cheese Bagel* with Fresh Orange Wedge Garnish
Total Calories = 539
- Golden Breaded Chicken Nugget Boat with Ketchup Pack and Creamy Mashed Potatoes
Total Calories = 421
- Mexicali Taco Bowl with Nacho Chips and Fresh Grape Garnish
Total Calories = 442
- Dannon Yogurt Salad Plate with Mozzarella Cheese, Graham Cracker Packets Lettuce & Dressing
Total Calories = 420

Choose Your Sides (one or all)

- Tangy Bean Salad with Italian Dressing
Total Calories = 53
- Healthy Trails Dried Fruit Cup or Fresh Fruit Choice
Total Calories = 107
- Milk Choice
Total Calories = 97

THURSDAY

Choose Your Entrée Selection:

- Deli Turkey Breast Wedge with Crispy Potato Rounds, Ketchup and Mayonnaise Packet
Total Calories = 432
- Vegetarian Selection! Triple Decker PBJ with Fresh Orange Wedge Garnish
Total Calories = 700
- Toasty Cheese Stuffed Breadsticks with Warm Marinara Dipping Sauce and Steamed Broccoli Spears
Total Calories = 377
- Dannon Yogurt Salad Plate with Mozzarella Cheese, Graham Cracker Packets Lettuce & Dressing
Total Calories = 420

Choose Your Sides (one or all)

- Steamed Peas with Onion Pieces
Total Calories = 20
- Healthy Trails Dried Fruit Cup or Fresh Fruit Choice
Total Calories = 107
- Milk Choice
Total Calories = 97

FRIDAY

Choose Your Entrée Selection:

- Chicken Patty Parmesan on Large Kaiser Roll w/Melted Mozzarella & Fresh Grape Garnish
Total Calories = 554
- Manager's Choice* (suggest your favorite!)
Total Calories = varies
- Warm Ham & Cheese Bagel* with Fresh Orange Wedge Garnish
Total Calories = 539
- Dannon Yogurt Salad Plate with Mozzarella Cheese, Graham Cracker Packets Lettuce & Dressing
Total Calories = 420

Choose Your Sides (one or all)

- Tangy Bean Salad with Italian Dressing
Total Calories = 53
- Healthy Trails Dried Fruit Cup or Fresh Fruit Choice
Total Calories = 107
- Milk Choice
Total Calories = 97

*** AND OTHER ALA CARTE ITEMS ARE AVAILABLE FOR SALE, FEATURING BREADED MOZZARELLA STICKS, CHICKEN RINGS, ZERO TRANS FAT FRIES AND MUCH MORE!!!! ***

Menu Subject to Change Without Notice

* May Contain Pork

* If you have an allergy please speak to your cafeteria manager or server.