

August/September 2022 Secondary Lunch Menu

		31	1	2
		<p>Italian Pasta Perfecto Your choice of: Ziti or Spaghetti Marinara Sauce or Alfredo Sauce Meatballs or Chicken Steamed Broccoli Local Garlic Bread A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Shepherd's Pie Seasoned Corn Local Mashed Potatoes Gravy Local Dinner Roll A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Chicken Mania Crispy Chicken Bites Tossed in a Variety of Sauces Offered with French Fries A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>
5	6	7	8	9
<p>Local Texas Toast Grilled Cheese Classic Tomato Soup French Fries A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Taco/Nacho Tuesday Seasoned Beef or Buffalo Chicken Tortilla Chips, Soft Flour Tortillas Lettuce, Tomato & Cheese Sour Cream, Salsa Cilantro Lime Rice, Refried Beans Ranch Corn Salad A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Mac & Cheeseology Spicy Buffalo Chicken Or Southwestern Beef Local Cranberry Kale Salad Dinner Roll A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>General Tso's Chicken Lucky Fried Rice Steamed Broccoli Fortune Cookie A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Philly Station Chicken or Steak with Peppers & Onions Topped with Homemade Cheese Sauce Served over Rice or in a Roll Offered with French Fries A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>
12	13	14	15	16
<p>Breakfast Sandwiches Assorted Breakfast Breads Toppings May include Bacon, Sausage, Ham, Egg & Cheese Mini Yogurt Parfaits Sweet Potato Puffs A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Taco/Nacho Tuesday Seasoned Beef or Buffalo Chicken Tortilla Chips, Soft Flour Tortillas Lettuce, Tomato & Cheese Sour Cream, Salsa Cilantro Lime Rice, Refried Beans Ranch Corn Salad A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Italian Pasta Perfecto Chicken Cutlet Parmesan Or Eggplant Cutlet Parmesan Served over Pasta with Marinara Sauce Italian Style Green Beans Local Garlic Bread A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Roasted Turkey & Gravy Local Mashed Potatoes Local Glazed Carrots Local Homemade Stuffing Cranberry Sauce A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Revolution Noodle Bowls Asian Chicken or Tofu Soba Noodles Savory Vegetable Broth Fresh Medley of Steamed Vegetables A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>
19	20	21	22	23
<p>Popcorn Chicken Bowl Crispy Chicken Bites Cheddar Cheese Local Mashed Potatoes Gravy & Dinner Roll Seasoned Corn A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Taco/Nacho Tuesday Seasoned Beef or Buffalo Chicken Tortilla Chips, Soft Flour Tortillas Lettuce, Tomato & Cheese Sour Cream, Salsa Cilantro Lime Rice, Refried Beans Ranch Corn Salad A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Mac & Cheeseology Barbeque Chicken Or Spicy Buffalo Chicken BBQ Baked Beans Local Dinner Roll A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>BBQ Pulled Pork Sandwich French Fries Local Confetti Cole slaw A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Gyro Station Warm Flat Bread Offered with Marinated Greek Chicken, Hummus Fresh Tomatoes & Cucumbers Tzatziki Sauce and Fresh Feta Local Greek Potato Salad A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>
26	27	28	29	30
<p>Pancakes Blueberries & Cream Maple Syrup Breakfast Sausage Scrambled Eggs Seasoned Home fries A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Taco/Nacho Tuesday Seasoned Beef or Buffalo Chicken Tortilla Chips, Soft Flour Tortillas Lettuce, Tomato & Cheese Sour Cream, Salsa Cilantro Lime Rice, Refried Beans Ranch Corn Salad A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>"Bellissimo" - Beautiful Sautéed Pasta Dish Grilled Chicken Breast, Crispy Bacon, Fresh Spinach & Grape Tomatoes Sautéed with Ranch Spices, Olive Oil & Penne Pasta Garlic Bread Stick A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Chicken Pot Stickers Sweet n Sour Sauce Lucky Fried Rice Edamame Salad Fortune Cookie A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Roost Sandwich Crispy Chicken Cutlet on a Bulky Roll Toppers Available Bacon, Lettuce, Tomato Peppers & Onion, Mushrooms Variety of Sauces to finish it off! Offered with French Fries A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>



Available daily:

Three Cheese Pizza & Pepperoni Pizza

Daily Specials:

Monday- Buffalo Chicken Pizza

Tuesday- Taco Pizza

Wednesday-Pepperoni Flatbread

Thursday- Stromboli Calzone

Friday- Meat Lovers Pizza

grilled

Available daily:

Hamburger, Cheeseburger & Chicken Nuggets Offered w/Dinner Roll

Daily Specials:

Monday - Hot Dog on a Roll

Tuesday - Grilled Chicken Ranch BLT

Wednesday - Beef and Cheese Burrito

Thursday - Buffalo Chicken Sandwich

Friday - Chicken Tenders w/Dinner Roll

Vegetarian Options

Available daily:

Veggie Burger, Garden Salad w/Egg, Cheese Pizza & Yogurt Parfait

Daily Specials:

Monday - Sun butter & Jelly Sandwich

Tuesday - Grilled Cheese Sandwich

Wednesday - Hummus Fun Lunch

Thursday - Mozzarella Sticks w/Marinara Sauce & Dinner Roll

Friday - Cheese Pizza

ON THE GO

Daily Deli/Salad Specials may include:

Buffalo Chicken Sandwich or Salad Plate

Chicken Caesar Wrap or Salad Plate

Turkey & Cheese BLT Sandwich

Italian Hoagie

Chef w/ Meat Salad Plate

Chef w/Egg Salad Plate

Tuna Sandwich or Salad Plate

Greek Salad Chicken Wrap or Salad Plate

Veggie Wrap

All entrée are offered with Whole Grain Bread

All meals are offered with a variety of fresh fruits and vegetables--local when available.

All meals are offered with a choice milk (Skim, 1% low fat white or fat free chocolate).

Due to Ongoing Food Supply Issues Menu is subject to change.

This institution is an equal opportunity provider.

