



# Middle and High School Lunch Menu

		Thursday, September 1	Friday, September 2
		Chicken Strips w/ Roll Or Corn Dog Black Eyed Peas French Fries (2) Fruit Choice Milk Choice	Steak Nuggets w/ Roll Or Chicken Sandwich Lettuce, Tomato, & Pickle Macaroni and Cheese Sweet Potato Wedges (2) Fruit Choice Milk Choice
Tuesday, September 6	Wednesday, September 7	Thursday, September 8	Friday, September 9
Teriyaki Chicken w/ Rice Or General Tso's Chicken w/ Rice Broccoli ½ Egg Roll Fortune Cookie (2) Fruit Choice Milk Choice	Ham & Turkey Sub w/ Lettuce, Tomato, and Pickle Or Chicken Strips w/ Roll Tossed Salad w/ Dressing Carrots (2) Fruit Choice Milk Choice	Nachos Or Cheese Quesadilla Black Beans Shredded Lettuce & Diced Tomatoes Salsa & Sour Cream (2) Fruit Choice Milk Choice	Beef Stroganoff w/ Roll Or Rib B Que Sandwich Sweet Potato Wedges Green Beans (2) Fruit Choice Milk Choice
Tuesday, September 13	Wednesday, September 14	Thursday, September 15	Friday, September 16
BBQ Sandwich Or Meatball Sub Baked Beans Sweet Potato Wedges (2) Fruit Choice Milk Choice	Sloppy Joe Or Cheeseburger Lettuce, Tomato, & Pickle French Fries Carrots (2) Fruit Choice Milk Choice	Chicken Sandwich Or Tator Tot Casserole Lettuce, Tomato, & Pickle Baked Beans Pasta Salad (2) Fruit Choice Milk Choice	Spaghetti w/ Breadstick Or Pizza Tossed Salad w/ Dressing Onion Rings (2) Fruit Choice Milk Choice
Tuesday, September 20	Wednesday, September 21	Thursday, September 22	Friday, September 23
Pizza Or Chicken Alfredo w/ Breadstick Carrots Broccoli (2) Fruit Choice Milk Choice	Fruit Plate: Watermelon, Cantaloupe, Grapes, Carrot Sticks w/ Ranch, Cheese Stick & Gold Fish Crackers Or Buffalo Chicken Sandwich French Fries Carrot Sticks w/ Ranch (2) Fruit Choice Milk Choice	Nachos Or Cheese Quesadilla Black Beans Shredded Lettuce & Diced Tomatoes Salsa & Sour Cream (2) Fruit Choice Milk Choice	Steak & Gravy Or Chicken Strips Roll Mashed Potatoes Peas (2) Fruit Choice Milk Choice
Tuesday, September 27	Wednesday, September 28	Thursday, September 29	Friday, September 30
Cheeseburger Or Hot Dog Lettuce, Tomato, & Pickle Onion Rings Carrots (2) Fruit Choice Milk Choice	Cheese Sticks w/ Marinara Or Pizza Tossed Salad w/ Dressing Corn (2) Fruit Choice Milk Choice	Chicken Strips w/ Roll Or Corn Dog Black Eyed Peas French Fries (2) Fruit Choice Milk Choice	Steak Nuggets w/ Roll Or Chicken Sandwich Lettuce, Tomato, & Pickle Macaroni and Cheese Sweet Potato Wedges (2) Fruit Choice Milk Choice

This institution is an equal opportunity provider. Menus may vary according to market conditions, delivery, and availability of food items.