



# September 2019

## High School Lunch Menu

**Breakfast Cost \$1.50 Each Day**  
**Lunch Cost \$2.75 Each Day**  
**Extra Milk \$.50 Each**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>2 NO SCHOOL LABOR DAY</b></p>	<p><b>3</b> WG Rectangle Pizza <b>OR</b> WG Crispy Chicken on WG Bun Baked French Fries or Fresh Baby Carrots &amp; Ranch Dip Fruit Choice WG Cookie</p>	<p><b>4</b> WG Soft Taco with Shredded Cheese <b>OR</b> Cheese- burger on WG Bun Baked French Fries or Mixed Green Salad Fruit Choice</p>	<p><b>5</b> WG Mini Corn Dogs <b>OR</b> BBQ Rib on WG Bun Baked French Fries or Baked Beans Fruit Choice WG Cookie</p>	<p><b>6</b> WG Bosco Sticks with Marinara Sauce <b>OR</b> WG Tenderloin on WG Bun Baked French Fries or Country Mixed Vegetables Fruit Choice</p>
<p><b>9</b> BBQ Pork on WG Bun <b>OR</b> Cheeseburger on WG Bun Baked French Fries or Mixed Green Salad Fruit Choice</p>	<p><b>10</b> WG Quesadilla <b>OR</b> WG Crispy Chicken on WG Bun Baked French Fries or Steamed Carrots Fruit Choice WG Cookie</p>	<p><b>11</b> Salisbury Steak with Brown Gravy and WG Dinner Rolls <b>OR</b> Cheeseburger on WG Bun Baked French Fries or Mashed Potatoes or Green Beans Fruit Choice</p>	<p><b>12</b> WG Popcorn Chicken <b>OR</b> BBQ Rib on WG Bun Baked French Fries or Baked Beans Fruit Choice WG Cookie</p>	<p><b>13</b> WG Cheese Ravioli with WG Breadstick <b>OR</b> WG Tenderloin on WG Bun Baked French Fries or Corn Fruit Choice</p>
<p><b>16</b> WG Crispy Chicken Nuggets <b>OR</b> Cheeseburger on WG Bun Baked French Fries or Steamed Broccoli Fruit Choice WG Nacho Cheese Doritos</p>	<p><b>17</b> WG Round Pizza <b>OR</b> WG Crispy Chicken on WG Bun Baked French Fries or Fresh Baby Carrots &amp; Ranch Dip Fruit Choice WG Cookie</p>	<p><b>18</b> WG Crispy Chicken Leg with WG Dinner Rolls <b>OR</b> Cheeseburger on WG Bun Baked French Fries or Mashed Potatoes or Peas &amp; Carrots Fruit Choice</p>	<p><b>19</b> Hot Dog on WG Bun <b>OR</b> BBQ Rib on WG Bun Baked French Fries or Baked Beans Fruit Choice WG Cookie</p>	<p><b>20 Manager's Choice</b></p>
<p><b>23</b> Cheesy Nachos with WG Tostitos and Salsa <b>OR</b> Cheeseburger on WG Bun Baked French Fries or Mixed Green Salad Fruit Choice</p>	<p><b>24</b> WG Toasted Cheese Sandwich <b>OR</b> WG Crispy Chicken on WG Bun Baked French Fries or Tomato Soup Fruit Choice WG Cookie</p>	<p><b>25</b> Homemade Turkey &amp; Noodles with WG Dinner Roll <b>OR</b> Cheeseburger on WG Bun Baked French Fries or Mashed Potatoes or Green Beans Fruit Choice</p>	<p><b>26</b> WG Chicken Tenders <b>OR</b> BBQ Rib on WG Bun Baked French Fries or Black Beans &amp; Corn Fruit Choice WG Cookie</p>	<p><b>27</b> WG Shrimp Poppers <b>OR</b> WG Tenderloin on WG Bun Baked French Fries or Coleslaw Fruit Choice</p>
<p><b>30</b> WG Crispy Chicken on WG Bun <b>OR</b> Cheeseburger on WG Bun Baked French Fries or Steamed Spinach Fruit Choice</p>		<p><b>USDA REQUIREMENT</b> Students Must Select at Least 1 Item From the Vegetable or Fruit Varieties Offered Daily</p>	<p><b>Daily Entree Choices</b> WG Peanut Butter &amp; Jelly Large Uncrustable <b>OR</b> Entrée Salad with WG Bread- stick <b>OR</b> Ham &amp; Cheese on WG Bun</p>	<p><b>Daily Milk Choices</b> 1% White 1% Chocolate 1% Strawberry</p> <p><b>WG=Whole Grain</b></p>

## Breakfast Menu

**Monday: September 9, 23**

Bacon, Egg & Cheese on Biscuit

**Monday: September 16, 30**

Egg & Cheese Omelet On Whole Grain  
Croissant

**Tuesday: September 3, 17**

Whole Grain Breakfast Pizza

**Tuesday: September 10, 24**

Whole Grain Breakfast Sliders

**Wednesday: September 4, 11, 18, 25**

Sausage & Egg on Biscuit

**Thursday: September 5, 19**

Biscuit & Sausage Gravy

**Thursday: September 12, 26**

Bacon, Egg & Cheese Eggstravaganza,  
Whole Grain Tortilla

**Friday: September 6, 20**

Whole Grain Mini Pancake & Sausage Wraps,  
Syrup Cup

**Friday: September 13, 27**

Whole Grain Honey Chicken on Biscuit

### **Daily Breakfast Choices**

Entrée, Fruit Choice, Juice & Milk

**OR**

WG Cereal, Fruit Choice, Juice & Milk

**OR**

Choice of Whole Grain Grab & Go Items

### **USDA REQUIREMENTS**

Students must select at least 1 item from  
the fruit varieties offered daily