






# Middle & High School

## Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FOR LUNCH: Select a lunch entrée, vegetables, fruit and nonfat or low-fat milk for a healthy lunch.</b>				
Bean & Cheese Burrito (44) OR Large PB&J Sandwich (64) OR 	Chicken Filet Sandwich (39) OR Grilled Cheese Sandwich (32) OR 	Hamburger (30) OR Cheeseburger (32) Veggie Burger (43) OR Taco Nada (40) OR 	Chicken Tenders & Roll (43) OR Chicken Bowl (63) OR Plant-Based Nuggets (13) 	* Pepperoni Pizza (29) OR Corn Dog (28) OR 
Caesar Salad w/ Grilled Chicken with dressing (10)	Fiesta Taco Salad with dressing (28) with Tortilla Chips (23)	Cobb Salad w/Turkey, Egg, Bacon, Cucumber with dressing (14)	Crunchy Chicken Salad with dressing (20)	Mediterranean Salad with Balsamic Vinaigrette (55)
<b>Only Signature Caesar, Cobb and Mediterranean salads are served with 2 oz. dinner roll (27)</b>				
Carrots (3) Jicama & Cucumbers (3)	Carrots (3) Broccoli (3), Lettuce, Tomato, Pickle Chips (5)	Carrots (3) Baked Potato (37) or Wedges (21) Lettuce, Tomato, Pickle Chips (5)	Carrots (3) Broccoli (3) Green Salad (3)	Carrots (3) Sweet Baked Beans (35)

Milk: nonfat choc (23) 1% low-fat white (16) Fresh locally grown fruits and vegetables served when available

Menu is subject to change without notice.

() = Carbs

\* = Contains pork