

Grades 9-12

2023-24 Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	<p>Corn Dog or Corn Dog Minis 2 M/MA / 2 WGR</p> <p>OR</p> <p>Oven Fried Chicken 2 M/MA / 1 WGR Roll 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Potatoes 1/2 c Tomato Cup</p> <p>1/2 c Fruit Cup</p> <p>Milk Variety</p>	<p>Nachos Grande 3.25 M/MA / 2 WGR</p> <p>OR</p> <p>Quesadilla 3 M/MA / 2 WGR or 2 M/MA / 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/4 c Salsa 1/2 c Beans 1/2 c Cucumbers</p> <p>1/2 c Apricots Ice Cream Cup Milk Variety</p>	<p>Crispy or Grilled Chicken Sandwich 2 M/MA / 3 WGR or 2 WGR Chips 1 WGR</p> <p>OR</p> <p>Spaghetti Bowl 2 M/MA / 1 WGR Breadsticks 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Fresh Veggie Cup 1 c Garden Salad</p> <p>3/4 c Fruity Gelatin (1/2 c F)</p> <p>Milk Variety</p>	<p>Asian Bowl Egg Roll 2 M/MA / 2 WGR / 1/2 c VA</p> <p>OR</p> <p>Breaded Pork Chop 2 M/MA / .5 WGR Gravy (NC) Roll 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Broccoli 1/2 c Corn</p> <p>1/2 c Mandarin Oranges</p> <p>Milk Variety</p>	<p>Pizza Choice 2 M/MA / 2 WGR</p> <p>OR</p> <p>Cheeseburger Macaroni 3 M/MA / 1 WGR Roll 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Carrots 1/2 c Savory Green Beans</p> <p>1/2 c Seasonal Fresh Fruit Grain Based Dessert Milk Variety</p>	
	Daily Entrée Optional choices					
	Daily	<p>Burger Choice 2 or 2.5 M/MA / 2 WGR</p>	<p>Hot Sandwich Choice 2 M/MA / 2 WGR</p>	<p>Pizza Choice 2 M/MA / 2 WGR</p>	<p>Tex-Mex Choice 2 M/MA / 2 WGR</p>	<p>Texas Basket Choice 2 M/MA / 3 WGR / 1/2 c VS</p>
Must offer daily fruit, vegetable and milk with daily entrée optional choices						
Week 2	<p>Country Fried Steak 2 M/MA / 1 WGR Gravy (NC)</p> <p>OR</p> <p>Fish Sticks 2 M/MA / 1.25 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Potatoes Okra (1/2 c VO) Roll 2 WGR</p> <p>1/2 c Strawberries</p> <p>Milk Variety</p>	<p>Tex-Mex Stack 3 M/MA / 1 WGR Spanish Rice 1 WGR</p> <p>OR</p> <p>Chicken Fajitas 3 M/MA / 2 WGR Spanish Rice 1 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Beans 1/2 c Carrots 1/4 c Salsa</p> <p>1/2 c Hot Cinnamon Apples Sherbet/Frozen Yogurt Cup Milk Variety</p>	<p>Chicken Alfredo 2 M/MA / 1 WGR Breadsticks 2 WGR</p> <p>OR</p> <p>Meatball Sub Sandwich 2 M/MA / 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1 c Garden Salad 1/2 c Savory Green Beans</p> <p>1/2 c Peaches</p> <p>Milk Variety</p>	<p>Ranchero Wrap 2 M/MA / 2 WGR</p> <p>OR</p> <p>Popcorn Chicken 2 M/MA / 1 WGR Roll 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Corn 1/2 c Crunchy Broccoli Salad</p> <p>1/2 c Fresh Apple Slices Grain Based Dessert Milk Variety</p>	<p>Potato Bowl 2 M/MA / 1/2 c VS Roll 2 WGR</p> <p>OR</p> <p>Hot Dog or Pig in a Blanket 2 M/MA / 2 WGR 1/2 c Potatoes</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Tomato Cup</p> <p>2/3 c Snowball Salad (1/2 c F)</p> <p>Milk Variety</p>	
	Offered daily for Grades 9-12 (in addition to daily fruit serving on menu): 1/2 c Fresh Fruit Bowl and/or 1/2 c Assorted 100% Fruit Juice					

Grades 9-12

2023-24 Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Enchiladas 2 M/MA / 2 WGR OR Meat & Cheese Chalupas 3 M/MA / 1 WGR Spanish Rice 1 WGR OR Salad Entrée Choice 1/2 c Beans 1/2 c Corn 1/4 c Salsa 1/2 c Orange Smiles 1/2 c Pudding Milk Variety	Chili Cheese Totchos 2.5 M/MA / 1/2 c VS Grain Choice 2 WGR OR Chicken-n-Waffles 2 M/MA / 3 WGR OR Salad Entrée Choice 1/2 c Fresh Veggie Cup 1/2 c Potatoes 1/2 c Strawberries and Bananas Milk Variety	Chicken Nuggets or Fish 2.75 M/MA / 1.25 WGR or 2 M/MA / 1.25 WGR Mac and Cheese 2 M/MA / 1 WGR OR Asian Bowl Egg Roll 2 M/MA / 2 WGR / 1/2 c VA OR Salad Entrée Choice 1/2 c Carrots 1/2 c Squash 1/2 c Grapes Milk Variety	Hamburger/Cheeseburger 2 or 2.5 M/MA / 2 WGR Chips 1 WGR OR Breaded Mozzarella Sticks 2 M/MA / 2 WGR Marinara Sauce (1/2 c VR) OR Salad Entrée Choice 1/2 c Tomato Cup 1 c Garden Salad 1/2 c Pears Milk Variety	Roast Beef Sandwich or Philly Cheesesteak Sandwich 2 M/MA / 2 WGR OR X-treme Burrito 2 M/MA / 2 WGR OR Salad Entrée Choice 1/2 c Corn 1/2 c Cucumbers 1/2 c Rosy Applesauce Grain Based Dessert Milk Variety
	Daily Entrée Optional choices				
Daily	Burger Choice 2 or 2.5 M/MA / 2 WGR	Hot Sandwich Choice 2 M/MA / 2 WGR	Pizza Choice 2 M/MA / 2 WGR	Tex-Mex Choice 2 M/MA / 2 WGR	Texas Basket Choice 2 M/MA / 3 WGR / 1/2 c VS
Must offer daily fruit, vegetable and milk with daily entrée optional choices					
Week 4	Breaded Drumstick 2 M/MA / .75 WGR Biscuit 2 WGR OR Chicken Spaghetti 2.25 M/MA / 1 WGR Breadsticks 2 WGR OR Salad Entrée Choice 1 c Garden Salad 1/2 c Tomatoes or Sweet Potatoes 1/2 c Seasonal Fresh Fruit Milk Variety	Walking Taco 3 M/MA / 2 WGR OR Frito Pie 3.5 M/MA / 2 WGR OR Salad Entrée Choice 1/2 c Beans 1/2 c Fresh Veggie Cup 1/2 c Chilled Pineapple Grain Based Dessert Milk Variety	Lasagna 2 M/MA / 1 WGR / 1/8 c VR Breadsticks 2 WGR OR Cheesy Breadsticks 2 M/MA / 2 WGR OR Salad Entrée Choice 1/2 c Broccoli Marinara Sauce (1/2 c VR) 1/2 c Cinnamon Applesauce Milk Variety	Fiesta Bowl 2.5 M/MA / 2 WGR / 1/4 c VR / 1/4 c VS / 1/4 c VL OR Boneless Chicken Wings 2 M/MA / 1 WGR Chips 1 WGR OR Salad Entrée Choice 1/2 c Celery 1/2 c Carrots 1/2 c Mixed Fruit Sherbet/Frozen Yogurt Cup Milk Variety	Chicken Parmesan 2.5 M/MA / 2 WGR / 1/2 c VR Roll 2 WGR OR Steak Fingers 2 M/MA / 1 WGR Gravy (NC) Roll 2 WGR OR Salad Entrée Choice 1/2 c Savory Green Beans 1/2 c Corn 1/2 c Peaches Milk Variety
	Offered daily for Grades 9-12 (in addition to daily fruit serving on menu): 1/2 c Fresh Fruit Bowl and/or 1/2 c Assorted 100% Fruit Juice				