

Grades 9-12

2017-18 Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Enchiladas 2 M/MA / 2 WGR</p> <p>OR</p> <p>Taquito 2 M/MA / 2 WGR</p> <p>Queso (NC)</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>Spanish Rice 1 WGR 1/2 c Charro Beans 1/2 c Seasoned Corn 1/4 c Salsa 1/2 c Fresh Seasonal Fruit Fruit Crisp Milk Variety</p>	<p>Meatball Sub Sandwich 2 M/MA / 2 WGR / 1/4 c VR 1/2 c Potato Rounds</p> <p>OR</p> <p>Chili Cheese Combo 2 M/MA / 2 WGR / 1/2 c VS</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Fresh Veggie Cup 1/4 c VR / 1/4 c VO</p> <p>1/2 c Mixed Fruit Milk Variety</p>	<p>Chicken Nuggets 2.75 M/MA / 1.25 WGR</p> <p>Mac and Cheese 2 M/MA / 1 WGR</p> <p>1/2 c Savory Green Beans</p> <p>OR</p> <p>Asian Stir-Fry Flatbread 2 M/MA / 3 WGR / 1/2 c VA</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1 c Garden Salad</p> <p>1/2 c Apple Slices Milk Variety</p>	<p>Pizza Choice 2 M/MA / 2 WGR / 1/8 c VR 1/2 c Seasoned Corn</p> <p>OR</p> <p>Fiesta Bowl 2 M/MA / 2 WGR / 1/4 c VR / 1/4 c VS / 1/4 c VL</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Red Bell Pepper Strips or Tiny Tomato Cup</p> <p>3/4 c Fruity Gelatin (1/2 c F) Milk Variety</p>	<p>Hamburger/Cheeseburger 2 M/MA / 2 WGR or 2.5 M/MA / 2 WGR Hamburger Garnish</p> <p>OR</p> <p>Frito Pie 3.5 M/MA / 2 WGR Lettuce and Tomato Garnish</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Cucumber Slices 1/2 c Baby Carrots</p> <p>1/2 c Cinnamon Applesauce Cookie Milk Variety</p>
Week 2	<p>Steak Fingers 2 M/MA / 1 WGR Gravy</p> <p>OR</p> <p>Breaded Pork Chop 2 M/MA / .5 WGR Gravy</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Mashed Potatoes 1/2 c Carrot Coins Roll 2 WGR</p> <p>1/2 c Strawberries and Bananas Milk Variety</p>	<p>Spaghetti Bowl 2 M/MA / 1 WGR / 1/4 c VR Breadsticks 2 WGR</p> <p>OR</p> <p>French Bread Pizza 2 M/MA / 2 WGR Marinara Sauce (1/2 c VR)</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1 c Garden Salad 1/2 c California Blend Vegetables</p> <p>1/2 c Fruit Cup Chocolate/Vanilla Pudding Milk Variety</p>	<p>Boneless Chicken Wings 2 M/MA / 1 WGR Multigrain Chips 1 WGR</p> <p>OR</p> <p>Texas Chili 2 M/MA / 3/8 c VR Cornbread 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Celery Sticks 1/2 c Carrot Sticks</p> <p>1/2 c Orange Smiles Brownie Milk Variety</p>	<p>Mexican Combo Plate 1 Taco, 2 Tamales, Spanish Rice 2.25 M/MA / 2.5 WGR</p> <p>OR</p> <p>Chicken Quesadilla 2 M/MA / 2 WGR Spanish Rice 1 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Mexicali Corn 1/2 c Refried Beans 1/4 c Salsa Lettuce and Tomato Garnish 1/2 c Sliced Peaches Milk Variety</p>	<p>Popcorn Chicken 2 M/MA / 1 WGR Roll 2 WGR</p> <p>OR</p> <p>Sloppy Joe Sandwich 2 M/MA / 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Broccoli Bites 1/2 c Oven Fries</p> <p>1/2 c Fresh Seasonal Fruit 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

2017-18 Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	<p>Breaded Drumstick 2 M/MA / .75 WGR Texas Toast 1.75 WGR</p> <p>OR</p> <p>Pizza Choice 2 M/MA / 2 WGR / 1/8 c VR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Baby Carrots 1/2 c Seasoned Corn</p> <p>1/2 c Fresh Grapes Cookie Milk Variety</p>	<p>Crispy Tacos 2.5 M/MA / 1 WGR Spanish Rice 1 WGR</p> <p>OR</p> <p>Frito Pie 3.5 M/MA / 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Fresh Veggie Cup 1/4 c VR / 1/4 c VO 1/2 c Charro Beans 1/4 c Salsa</p> <p>1/2 c Apple-Pineapple D'Lite Lettuce and Tomato Garnish Milk Variety</p>	<p>Lasagna, Ravioli, or Stuffed Shells 2 M/MA / 1 WGR</p> <p>OR</p> <p>Chicken Nuggets 2.75 M/MA / 1.25 WGR 1/2 c Mashed Potatoes</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1 c Garden Salad 1/2 c Tuscan Vegetables Roll 2 WGR</p> <p>1/2 c Pears</p> <p>Milk Variety</p>	<p>Hamburger/Cheeseburger 2 M/MA / 2 WGR or 2.5 M/MA / 2 WGR Hamburger Garnish</p> <p>OR</p> <p>Hot Dog 2 M/MA / 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Oven Fries 1/2 c Baby Carrots</p> <p>1/2 c Orange Smiles</p> <p>Milk Variety</p>	<p>Pulled Pork Sliders 2 M/MA / 2 WGR Multigrain Chips 1 WGR 1/2 c Coleslaw</p> <p>OR</p> <p>Chicken Parmesan 2.5 M/MA / 1 WGR / 1/2 c VR 1 c Garden Salad Breadsticks 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Savory Green Beans</p> <p>1/2 c Chilled Pineapple</p> <p>Milk Variety</p>
	Week 4	<p>Corn Dog 2 M/MA / 2 WGR 1/2 c Tater Tots</p> <p>OR</p> <p>Oven Roasted Chicken 2.5 M/MA 1/2 c Broccoli Bites Roll 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Baked Beans</p> <p>1/2 c Apple-Pineapple D'Lite</p> <p>Milk Variety</p>	<p>Nachos Grande 3.25 M/MA / 2 WGR 1/2 c Refried Beans 1/4 c Salsa Lettuce and Tomato Garnish</p> <p>OR</p> <p>Taco Soup 2 M/MA / 1/2 c VA Cornbread 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Tiny Tomato Cup 1/2 c Cucumber Slices</p> <p>1/2 c Peaches Lime Sherbet Cup Milk Variety</p>	<p>Chicken Sandwich 2 M/MA / 2 WGR 1/2 c Oven Fries</p> <p>OR</p> <p>X-Treme Burrito 2 M/MA / 2 WGR 1/4 c Salsa 1/2 c Seasoned Corn Lettuce and Tomato Garnish</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Fresh Veggie Cup 1/4 c VR / 1/4 c VO</p> <p>1/2 c Mandarin Oranges</p> <p>Milk Variety</p>	<p>Asian Bowl Eggroll 2 M/MA / 2 WGR / 1/2 c VA</p> <p>OR</p> <p>Salisbury Steak 2 M/MA Biscuit 2 WGR Brown Gravy 1/2 c Roasted Potatoes</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1 c Garden Salad</p> <p>3/4 c Fruity Gelatin (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

2017-18 Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	<p>Country Fried Steak 2 M/MA / 1 WGR Gravy</p> <p>OR</p> <p>"Your School" Meatloaf 2 M/MA</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Mashed Potatoes Okra (1/2 c VO) Roll 2 WGR</p> <p>1/2 c Strawberry Cup</p> <p>Milk Variety</p>	<p>Meat & Cheese Chalupas 2 M/MA / 1 WGR Spanish Rice 1 WGR</p> <p>OR</p> <p>Enchiladas 2 M/MA / 2 WGR Spanish Rice 1 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/4 c Salsa 1/2 c Zesty Cucumbers 1/2 c Refried Beans Lettuce and Tomato Garnish 1/2 c Rosy Applesauce</p> <p>Milk Variety</p>	<p>Chicken Tenders 2 M/MA / 1 WGR Texas Toast 1.75 WGR Gravy</p> <p>OR</p> <p>Hamburger/Cheeseburger 2 M/MA / 2 WGR or 2.5 M/MA / 2 WGR Hamburger Garnish</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Broccoli 1/2 c Sweet Potato Fries</p> <p>1/2 c Mixed Fruit Crispy Cereal Treat Milk Variety</p>	<p>Chicken Spaghetti 2 M/MA / 1 WGR Breadsticks 2 WGR</p> <p>OR</p> <p>Pizza Choice 2 M/MA / 2 WGR / 1/8 c VR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1 c Garden Salad 1/2 c Carrots</p> <p>1/2 c Apple Slices</p> <p>Milk Variety</p>	<p>Shrimp Poppers or Fish Sticks 1 M/MA / 1 WGR or 2 M/MA / 1.25 WGR</p> <p>Mac and Cheese 2 M/MA / 1 WGR</p> <p>OR</p> <p>BBQ on a Bun 2 M/MA / 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Coleslaw 1/2 c Savory Green Beans</p> <p>1/2 c Orange Smiles</p> <p>Milk Variety</p>
	Week 6	<p>Texas Basket 2 M/MA / 3 WGR / 1/2 c VS</p> <p>OR</p> <p>Hamburger/Cheeseburger 2 M/MA / 2 WGR or 2.5 M/MA / 2 WGR Hamburger Garnish 1/2 c Oven Fries</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Fresh Veggie Cup 1/4 c VR / 1/4 c VO</p> <p>1/2 c Mixed Fruit</p> <p>Milk Variety</p>	<p>Tex-Mex Stack 2 M/MA / 1 WGR Spanish Rice 1 WGR</p> <p>OR</p> <p>Chicken Fajitas 2 M/MA / 2 WGR Spanish Rice 1 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Charro Beans 1/2 c Tiny Tomato Cup 1/4 c Salsa Lettuce and Tomato Garnish 1/2 c Hot Cinnamon Apples</p> <p>Milk Variety</p>	<p>Chicken Alfredo 2 M/MA / 1 WGR Breadsticks 2 WGR</p> <p>OR</p> <p>Calzone 2 M/MA / 2 WGR / 1/4 c VR Marinara Sauce (1/2 c VR)</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Tuscan Vegetables 1 c Garden Salad</p> <p>1/2 c Peaches Cookie Milk Variety</p>	<p>Grilled Cheese Sandwich 2 M/MA / 2 WGR Multigrain Chips 1 WGR</p> <p>OR</p> <p>Country Pot Pie 2 M/MA / 2 WGR / 1/2 c VA</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Broccoli Bites 1/2 c Fresh Veggie Cup 1/4 c VR / 1/4 c VO</p> <p>2/3 c Snowball Salad (1/2 c F)</p> <p>Milk Variety</p>
<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</p>					