

Grades 9-12 2024-25 Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Corn Dog or Corn Dog Minis 2 M/MA / 2 WGR	Nachos Grande 3.25 M/MA / 2 WGR	Crispy or Grilled Chicken Sandwich 2 M/MA / 3 WGR or 2 WGR Chips 1 WGR	Asian Bowl Egg Roll 2 M/MA / 2 WGR / 1/2 c VA	Pizza Choice 2 M/MA / 2 WGR
	OR Oven Fried Chicken 2 M/MA / 1 WGR Roll 2 WGR	OR Quesadilla 3 M/MA / 2 WGR or 2 M/MA / 2 WGR	OR Spaghetti Bowl 2 M/MA / 1 WGR Breadsticks 2 WGR	OR Breaded Pork Chop 2 M/MA / .5 WGR Gravy (NC) Roll 2 WGR	OR Cheeseburger Macaroni 3 M/MA / 1 WGR Roll 2 WGR
	OR Salad Entrée Choice 1/2 c Potatoes 1/2 c Tomato Cup 1/2 c Fruit Cup Milk Variety	OR Salad Entrée Choice 1/4 c Salsa 1/2 c Beans 1/2 c Cucumbers 1/2 c Apricots Ice Cream Cup Milk Variety	OR Salad Entrée Choice 1/2 c Fresh Veggie Cup 1 c Garden Salad 3/4 c Fruity Gelatin (1/2 c F) Milk Variety	OR Salad Entrée Choice 1/2 c Broccoli 1/2 c Corn 1/2 c Mandarin Oranges Milk Variety	OR Salad Entrée Choice 1/2 c Carrots 1/2 c Savory Green Beans 1/2 c Seasonal Fresh Fruit Grain Based Dessert Milk Variety

Daily Entrée Optional choices

Daily	Burger Choice	Hot Sandwich Choice	Pizza Choice	Tex-Mex Choice	Texas Basket Choice
	2 or 2.5 M/MA / 2 WGR	2 M/MA / 2 WGR	2 M/MA / 2 WGR	2 M/MA / 2 WGR	2 M/MA / 3 WGR / 1/2 c VS

Must offer daily fruit, vegetable and milk with daily entrée optional choices

Week 2	Country Fried Steak 2 M/MA / 1 WGR Gravy (NC)	Tex-Mex Stack 3 M/MA / 1 WGR Spanish Rice 1 WGR	Chicken Alfredo 2 M/MA / 1 WGR Breadsticks 2 WGR	Ranchero Wrap 2 M/MA / 2 WGR	Potato Bowl 2 M/MA / 1/2 c VS Roll 2 WGR
	OR Fish Sticks 2 M/MA / 1.25 WGR	OR Chicken Fajitas 3 M/MA / 2 WGR Spanish Rice 1 WGR	OR Meatball Sub Sandwich 2 M/MA / 2 WGR	OR Popcorn Chicken 2 M/MA / 1 WGR Roll 2 WGR	OR Hot Dog or Pig in a Blanket 2 M/MA / 2 WGR 1/2 c Potatoes
	OR Salad Entrée Choice 1/2 c Potatoes Okra (1/2 c VO) Roll 2 WGR 1/2 c Strawberries Milk Variety	OR Salad Entrée Choice 1/2 c Beans 1/2 c Carrots 1/4 c Salsa 1/2 c Hot Cinnamon Apples Sherbet/Frozen Yogurt Cup Milk Variety	OR Salad Entrée Choice 1 c Garden Salad 1/2 c Savory Green Beans 1/2 c Peaches Milk Variety	OR Salad Entrée Choice 1/2 c Corn 1/2 c Crunchy Broccoli Salad 1/2 c Fresh Apple Slices Grain Based Dessert Milk Variety	OR Salad Entrée Choice 1/2 c Tomato Cup 2/3 c Snowball Salad (1/2 c F) 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

Grades 9-12 2024-25 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	

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