

9th - 12th Grade Lunch Menu (page 1)

**AUGUST—DECEMBER
2017**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|--|---|---|---|--|
| WEEK 1 | <p><u>Classic Homestyle:</u> Chicken Tenders, French Fries, Snickerdoodle Cookie</p> <p><u>Cougar Italiano:</u> Queso Pasta, Roll</p> <p><u>International Flavors:</u> Mandarin Orange Chicken with Rice, Fresh Vegetable Medley</p> <p><u>Chill and Grill:</u> Rib A Q on Bun, French Fries, Cookie</p> <p>Green Beans Mandarin Oranges</p> | <p><u>Classic Homestyle:</u> Fiery Philly Steak Flatbread, Mediterranean Salad</p> <p><u>Cougar Italiano:</u> Pizza Hut Pizza w/ Fries, Veggie Bowl</p> <p><u>International Flavors:</u> Nacho Beef Grande, Refried Beans</p> <p><u>Chill and Grill:</u> Turkey BLT, Mediterranean Salad</p> <p>Pears</p> | <p><u>Classic Homestyle:</u> Country Fried Steak, Mashed Potatoes, Gravy, Roll</p> <p><u>Cougar Italiano:</u> Cajun Pasta w/ Chicken, Roll</p> <p><u>International Flavors:</u> Popcorn Chicken Bowl, Rice or Mashed Potatoes, Roll</p> <p><u>Chill and Grill:</u> Meatball Sub</p> <p>Corn Apple</p> | <p><u>Classic Homestyle:</u> Corn Dog, Au Gratin Potatoes</p> <p><u>Cougar Italiano:</u> Papa John's Pizza w/ Fries, Veggie Bowl</p> <p><u>International Flavors:</u> Chicken & Cheese Quesadilla</p> <p><u>Chill and Grill:</u> Sub Sandwich Bar</p> <p>Broccoli Pineapple Tidbits</p> | <p><u>Classic Homestyle:</u> Breakfast Burrito made your way</p> <p><u>Cougar Italiano:</u> Chicken Alfredo</p> <p><u>International Flavors:</u> Macaroni & Cheese w/ Mini Hot Dog</p> <p><u>Chill and Grill:</u> Grilled Cheese Sandwich</p> <p>Fresh Vegetable Medley Orange</p> |

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|---------------|--|--|---|--|--|
| WEEK 2 | <p><u>Classic Homestyle:</u> Ham & Cheese Ripper</p> <p><u>Cougar Italiano:</u> Italian Grilled</p> <p><u>International Flavor:</u> Chicken Fajitas</p> <p><u>Chill and Grill:</u> Spicy Chicken on Bun</p> <p>Fresh Vegetable Medley Pineapple Orange Sherbet</p> | <p><u>Classic Homestyle:</u> Pulled Chicken on Bun, Fresh Carrots/Cucumber Sticks</p> <p><u>Cougar Italiano:</u> Pizza Hut Pizza w/ Fries & Veggie Bowl</p> <p><u>International Flavor:</u> Make your own Burrito</p> <p><u>Chill and Grill:</u> Hamburger on Bun, Fresh Carrots/Cucumber Sticks</p> <p>Peaches Jell-O</p> | <p><u>Classic Homestyle:</u> Chicken & Noodles, Mashed Potatoes, Gravy, Roll</p> <p><u>Cougar Italiano:</u> Kung Pao Beef, Broccoli</p> <p><u>International Flavor:</u> Fish on Bun, Tater Tots</p> <p><u>Chill and Grill:</u> Sloppy Joe or Sloppy Seymore, Tater Tots</p> <p>Green Beans Mandarin Oranges</p> | <p><u>Classic Homestyle:</u> Chicken Patty on Bun, Broccoli</p> <p><u>Cougar Italiano:</u> Papa John's w/ Fries, Veggie Bowl</p> <p><u>International Flavor:</u> Sausage Gravy & Biscuit, Diced Potatoes</p> <p><u>Chill and Grill:</u> Philly Steak Sandwich, Diced Potatoes</p> <p>Banana Popsicle</p> | <p><u>Classic Homestyle:</u> Hot Dog on Bun, Popsicle</p> <p><u>Cougar Italiano:</u> Spaghetti w/Meat Sauce, Breadstick</p> <p><u>International Flavor:</u> Chicken Rice Bowl, Vegetable Medley, Fortune Cookie</p> <p><u>Chill and Grill:</u> Pulled Chicken on Bun</p> <p>Salad Applesauce</p> |
|---------------|--|--|---|--|--|

Lunch Prices

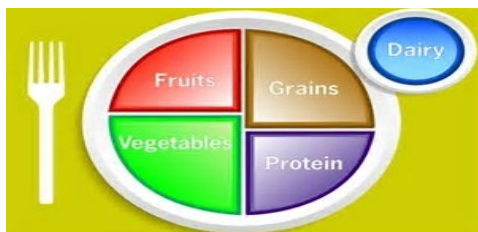
Student Lunch \$2.75
Adult Lunch \$3.50
Milk \$0.50

Lunch Includes

Entrée Choice (a protein & a whole grain-rich grain)
1-2 Fruit Choice
1-2 Vegetable Choice
1 Low Fat or Fat Free Milk Free Choice

No School Dates

Sept. 4
Oct 9—20
Nov. 22—24
Dec. 25—29



Theme Dates

Sept. 6—Ninja Turtle
Oct. 5—Minion
Nov. 9—Sponge Bob
Dec. 5—Disney

| August | | | | | September | | | | | October | | | | | November | | | | | December | | | | |
|--------|----|----|----|----|-----------|----|----|----|----|---------|----|----|----|----|----------|----|----|----|----|----------|----|----|----|----|
| M | T | W | T | F | M | T | W | T | F | M | T | W | T | F | M | T | W | T | F | M | T | W | T | F |
| | 1 | 2 | 3 | 4 | | | | | 1 | 2 | 3 | 4 | 5 | 6 | | | 1 | 2 | 3 | | | | | 1 |
| 7 | 8 | 9 | 10 | 11 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 6 | 7 | 8 | 9 | 10 | 4 | 5 | 6 | 7 | 8 |
| 14 | 15 | 16 | 17 | 18 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 13 | 14 | 15 | 16 | 17 | 11 | 12 | 13 | 14 | 15 |
| 21 | 22 | 23 | 24 | 25 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 20 | 21 | 22 | 23 | 24 | 18 | 19 | 20 | 21 | 22 |
| 28 | 29 | 30 | 31 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | 27 | 28 | 29 | 30 | | 25 | 26 | 27 | 28 | 29 |

9th - 12th Grade Lunch Menu (page 2)

**AUGUST—DECEMBER
2017**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | | |
|--|---|---|---|--|---|
| WEEK 3 | Classic Homestyle: Hamburger on Bun, French Fries | Classic Homestyle: Salad Bar, Diced Peaches | Classic Homestyle: Oven Fried Chicken, Mashed Potatoes, Gravy, Roll | Classic Homestyle: Breakfast Burrito (Made your way) | Classic Homestyle: Corn Dog, Au Gratin Potatoes, Mini Ice Cream Sandwich |
| | Cougar Italiano: Mandarin Orange Chicken w/ Rice or Noodles, Vegetable Medley | Cougar Italiano: Pizza Hut Pizza, French Fries, Veggie Bowl | Cougar Italiano: Macaroni & Cheese w/ Mini Hot Dog | Cougar Italiano: Papa John's w/ Fries, Veggie Bowl | Cougar Italiano: Pasta Bar, Mixed Salad, Breadstick |
| | International Flavor: Hot Ham & Cheese, Mediterranean Salad | International Flavor: Walking Taco | International Flavor: Wonder Bites w/ Rice | International Flavor: Cajun Chicken Pasta, Fresh Vegetable Medley- | International Flavor: Sloppy Joe or Sloppy Seymour, Au Gratin Potatoes, Mini Ice Cream Sandwich |
| Chill and Grill: Meatball Sub, Mediterranean Salad | Chill and Grill: Pulled Chicken on Bun, Green Beans | Chill and Grill: Grilled Cheese w/ Potato Soup | Chill and Grill: Philly Steak Sandwich, Fresh Vegetable Medley | Chill and Grill: Soft Taco | |
| Baked Beans Peaches | Pears | Peas Mandarin Oranges | Strawberries | Apple | |

| | | | | | |
|---|---|--|---|---|---|
| WEEK 4 | Classic Homestyle: Chicken Tenders, Snickerdoodle Cookie | Classic Homestyle: Potato Bar | Classic Homestyle: Pork Chop, Mashed Potatoes, Gravy, Roll | Classic Homestyle: Chicken Carbano, Roll | Classic Homestyle: Sausage, Waffles, Tater Tots |
| | Cougar Italiano: Manicotti, Snickerdoodle Cookie | Cougar Italiano: Pizza Hut Pizza w/ French Fries, Veggie Bowl | Cougar Italiano: Queso Pasta, Breadstick | Cougar Italiano: Papa John's w/ Fries, Veggie Bowl | Cougar Italiano: Italian Grilled Cheese, Mixed Salad |
| | International Flavor: Chicken Teriyaki w/ Rice or Noodles, Fresh Vegetable Medley, Fortune Cookie | International Flavor: Pork Nachos, Fresh Carrots/Cucumber Sticks | International Flavor: Chicken/Cheese Quesadilla | International Flavor: Kung Pao Beef w/ Rice, Broccoli | International Flavor: Grilled Chicken Breast, Mixed Salad |
| Chill and Grill: Fiery Philly Steak Flatbread | Chill and Grill: Cold Plate Meal Sandwich, Carrots, Grapes | Chill and Grill: Cheeseburger on Bun, French Fries | Chill and Grill: Chicken Patty on Bun, Mashed Potatoes, Gravy | Chill and Grill: Potato Crusted Fish on Bun, French Fries | |
| Mediterranean Salad Apple | Pears | Green Beans Peaches | Corn Pineapple Tidbits | Orange Jell-O | |

Lunch Prices

Student Lunch \$2.75

Adult Lunch \$3.50

Milk \$0.50

Lunch Includes

Entrée Choice (a protein & a whole grain-rich grain)

1-2 Fruit Choice

1-2 Vegetable Choice

1 Low Fat or Fat Free Milk

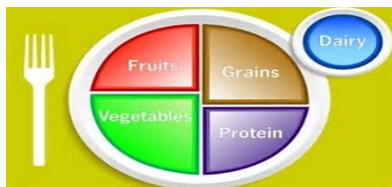
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