

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

**JANUARY — MAY  
2018**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b>	<p><u>Classic Homestyle:</u> Chicken Tenders, French Fries, Green Beans, Roll &amp; Mandarin Oranges</p> <p><u>Cougar Italiano:</u> Queso Pasta, Green Beans, Roll &amp; Mandarin Oranges</p> <p><u>International Flavors:</u> General Tso Chicken w/Rice, Stir Fry Vegetables, Mandarin Oranges &amp; Fortune Cookie</p> <p><u>Chill and Grill:</u> Rib A Q on Bun, French Fries, Green Beans &amp; Mandarin Oranges</p>	<p><u>Classic Homestyle:</u> Fiery Philly Steak Flatbread, Apple Spinach Salad &amp; Pears</p> <p><u>Cougar Italiano:</u> Pizza Hut Pizza, French Fries, Veggie Bowl &amp; Pears</p> <p><u>International Flavors:</u> Nacho Supreme, Refried Beans, Pears</p> <p><u>Chill and Grill:</u> Turkey BLT, Apple Spinach Salad &amp; Pears</p>	<p><u>Classic Homestyle:</u> Country Fried Steak, Mashed Potatoes, Gravy, Seasoned Corn, Roll &amp; Apple</p> <p><u>Cougar Italiano:</u> Cajun Pasta w/ Chicken, Corn, Garlic Knot &amp; Apple</p> <p><u>International Flavors:</u> Popcorn Chicken Bowl, Rice or Mashed Potatoes, Gravy, Corn, Roll &amp; Apple</p> <p><u>Chill and Grill:</u> Meatball Sub, Corn &amp; Apple</p>	<p><u>Classic Homestyle:</u> Corn Dog, Red Roasted Potatoes, Fresh Steamed Broccoli &amp; Pineapple Tidbits</p> <p><u>Cougar Italiano:</u> Papa John's Pizza, Red Roasted Potatoes, Broccoli, Veggie Bowl &amp; Pineapple Tidbits</p> <p><u>International Flavors:</u> Chicken &amp; Cheese Quesadilla, Steamed Broccoli &amp; Pineapple</p> <p><u>Chill and Grill:</u> Hamburger on Bun, Roasted Red Potatoes &amp; Pineapple Tidbits</p>	<p><u>Classic Homestyle:</u> Sausage/Egg/Cheese Biscuit, Hash Browns &amp; Orange</p> <p><u>Cougar Italiano:</u> Chicken Alfredo, Mixed Salad, Garlic Knot &amp; Orange</p> <p><u>International Flavors:</u> Macaroni &amp; Cheese, Mini Hot Dog, Fresh Vegetable Medley &amp; Orange</p> <p><u>Chill and Grill:</u> Hot Ham &amp; Cheese Sandwich, Fresh Vegetable Medley &amp; Orange</p>

<b>WEEK 2</b>	<p><u>Classic Homestyle:</u> Ham &amp; Cheese Ripper, Roasted Cauliflower &amp; Broccoli, Pineapple &amp; Sherbet</p> <p><u>Cougar Italiano:</u> Italian Grilled, Roasted Cauliflower &amp; Broccoli, Pineapple &amp; Sherbet</p> <p><u>International Flavor:</u> Chicken Fajitas, Spanish Rice &amp; Pineapple Tidbits</p> <p><u>Chill and Grill:</u> Spicy Chicken on Bun, Roasted Cauliflower &amp; Broccoli, Pineapple &amp; Sherbet</p>	<p><u>Classic Homestyle:</u> Pulled Chicken on Bun, Carrot Fries &amp; Jell-O with Peaches</p> <p><u>Cougar Italiano:</u> Pizza Hut Pizza, French Fries, Veggie Bowl &amp; Peaches</p> <p><u>International Flavor:</u> Taco Salad in a Bowl, Refried Beans &amp; Peaches</p> <p><u>Chill and Grill:</u> Hamburger on Bun, Carrot Fries, Peaches &amp; Jell-O</p>	<p><u>Classic Homestyle:</u> Chicken &amp; Noodles, Mashed Potatoes, Gravy, Green Beans, Roll &amp; Mandarin Oranges</p> <p><u>Cougar Italiano:</u> Teriyaki Chicken, Rice, Fresh Steamed Broccoli &amp; Mandarin Oranges</p> <p><u>International Flavor:</u> Fish on Bun, Tater Tots, Green Beans &amp; Mandarin Oranges</p> <p><u>Chill and Grill:</u> Sloppy Joes or Sloppy Seymore, Tater Tots, Green Beans &amp; Mandarin Oranges</p>	<p><u>Classic Homestyle:</u> Chicken Patty on Bun, Fresh Steamed Broccoli &amp; Banana</p> <p><u>Cougar Italiano:</u> Papa John's Pizza, Fries, Veggie Bowl &amp; Banana</p> <p><u>International Flavor:</u> Sausage Gravy w/ Biscuit, Sausage Patty, Roasted Potatoes &amp; Banana</p> <p><u>Chill and Grill:</u> Philly Steak Sandwich, Roasted Potatoes &amp; Banana</p>	<p><u>Classic Homestyle:</u> Old School Pizza Burgers, Mixed Salad &amp; Apple</p> <p><u>Cougar Italiano:</u> Spaghetti w/ Meat Sauce, Mixed Salad, Breadstick &amp; Applesauce</p> <p><u>International Flavor:</u> Thai Sweet Chili, Asian Vegetables, Apple &amp; Fortune Cookie</p> <p><u>Chill and Grill:</u> Pulled Chicken on Bun, Salad Mix &amp; Apple</p>
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**Lunch Prices**

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

**No School Dates**  
Jan. 1—5 & Jan. 15  
Feb. 19  
March 19—30  
May 28

**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

**Theme Dates**  
Jan. 18—Pokemon  
Feb. 22—Pirate  
March 2—Dr. Seuss  
April 12--Cowboy  
May 4-Star Wars, 17-Super Hero



January					February					March					April					May				
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
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8	9	10	11	12	5	6	7	8	9	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11
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22	23	24	25	26	19	20	21	22	23	19	20	21	22	23	23	24	25	26	27	21	22	23	24	25
29	30	31			26	27	28			26	27	28	29	30	30					28	29	30	31	

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

**JANUARY—MAY  
2018**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

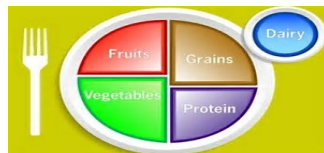
## FRIDAY

<b>WEEK</b>	<b>3</b>	<p><u>Classic Homestyle:</u> Hamburger on Bun, French Fries, Baked Beans &amp; Peaches</p> <p><u>Cougar Italiano:</u> Hot Ham / Cheese Sandwich, Mixed Salad, Baked Beans &amp; Peaches</p> <p><u>International Flavor:</u> Mini Ravioli, Salad, Garlic Roll &amp; Peaches</p> <p><u>Chill and Grill:</u> Meatball Sub, Mixed Salad, Baked Beans &amp; Peaches</p>	<p><u>Classic Homestyle:</u> Chili, Peanut Butter Sandwich, Carrot Coins &amp; Baked Apples</p> <p><u>Cougar Italiano:</u> Pizza Hut Pizza, French Fries, Veggie Bowl &amp; Baked Apples</p> <p><u>International Flavor:</u> Walking Taco, Refried Beans &amp; Baked Apples</p> <p><u>Chill and Grill:</u> Grilled Chicken on Bun, Green Beans &amp; Baked Apples</p>	<p><u>Classic Homestyle:</u> Oven Fried Chicken, Mashed Potatoes, Gravy, Peas, Roll &amp; Mandarin Oranges</p> <p><u>Cougar Italiano:</u> Macaroni &amp; Cheese, Mini Hot Dog, Peas &amp; Mandarin Oranges</p> <p><u>International Flavor:</u> General Tso Chicken, Rice, Peas &amp; Mandarin Oranges</p> <p><u>Chill and Grill:</u> Grilled Chees, Potato Soup or Broccoli Soup, Peas &amp; Mandarin Oranges</p>	<p><u>Classic Homestyle:</u> French Toast Sticks, Sausage Patty, Roasted Potatoes &amp; Banana</p> <p><u>Cougar Italiano:</u> Papa John's Pizza, French Fries, Veggie Bowl &amp; Banana</p> <p><u>International Flavor:</u> Cajun Chicken Pasta, Roasted Cauliflower / Broccoli &amp; Banana</p> <p><u>Chill and Grill:</u> Fiery Philly Steak Flatbread, Roasted Cauliflower / Broccoli &amp; Banana</p>	<p><u>Classic Homestyle:</u> Corn Dog, Baked Potato &amp; Apple</p> <p><u>Cougar Italiano:</u> Pasta Bar, Mixed Salad, Garlic Knot &amp; Apple</p> <p><u>International Flavor:</u> Sloppy Joe or Sloppy Seymour, Baked Potato &amp; Apple</p> <p><u>Chill and Grill:</u> Chicken or Cheese Quesadilla, Salad &amp; Apple</p>
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<b>WEEK</b>	<b>4</b>	<p><u>Classic Homestyle:</u> Chicken Tenders, Carrot Coins &amp; Pears</p> <p><u>Cougar Italiano:</u> Lasagna Roll Up, Salad, Carrot Coins &amp; Pears</p> <p><u>International Flavor:</u> Chicken Teriyaki, Rice, Stir Fry Vegetables, Pears &amp; Fortune Cookie</p> <p><u>Chill and Grill:</u> Spicy Chicken Sandwich, Carrot Coins &amp; Pears</p>	<p><u>Classic Homestyle:</u> Rib A Q on Bun, French Fries &amp; Banana</p> <p><u>Cougar Italiano:</u> Pizza Hut Pizza, French Fries, Veggie Bowl &amp; Banana</p> <p><u>International Flavor:</u> Nacho Supreme, Refried Beans &amp; Banana</p> <p><u>Chill and Grill:</u> Cold Plate Meal Sandwich, Carrots, Grapes &amp; Pears</p>	<p><u>Classic Homestyle:</u> Pork Chop, Mashed Potatoes, Gravy, Green Beans, Roll &amp; Peaches</p> <p><u>Cougar Italiano:</u> Queso Pasta, Green Beans, Breadstick &amp; Peaches</p> <p><u>International Flavor:</u> Old School Pizza Burgers, Green Beans &amp; Peaches</p> <p><u>Chill and Grill:</u> Cheeseburger on Bun, French Fries, Green Beans &amp; Peaches</p>	<p><u>Classic Homestyle:</u> Chicken Carbano, Corn, Roll &amp; Pineapple Tidbits</p> <p><u>Cougar Italiano:</u> Papa John's Pizza, French Fries, Veggie Bowl &amp; Pineapple Tidbits</p> <p><u>International Flavor:</u> Kung Pao Beef, Rice, Fresh Steamed Broccoli &amp; Pineapple Tidbits</p> <p><u>Chill and Grill:</u> Chicken Patty on Bun, Mashed Sweet Potatoes, Corn &amp; Pineapple Tidbits</p>	<p><u>Classic Homestyle:</u> Sausage/Egg/Cheese Biscuit, Diced Potatoes &amp; Apple</p> <p><u>Cougar Italiano:</u> Italian Grilled Cheese Sandwich, Carrot Fries &amp; Apple</p> <p><u>International Flavor:</u> BBQ Grilled Chicken Breast, Sun Chips, Baked Beans &amp; Apple</p> <p><u>Chill and Grill:</u> Potato Crusted Fish on Bun, Carrot Fries &amp; Apple</p>
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