

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

**AUGUST—DECEMBER
2018**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>Classic Homestyle: Chicken Tenders, French Fries, Roll</p> <p>Cougar Italiano: Queso Pasta, Roll</p> <p>International Flavors: General Tso Chicken w/Rice or Spaghetti, Stir Fry Vegetable, Fortune Cookie</p> <p>Chill and Grill: Rib A Q on Bun, French Fries</p> <p style="text-align: center;">Green Beans Mandarin Oranges</p>	<p>Classic Homestyle: Fiery Philly Steak Flatbread, Mixed Salad</p> <p>Cougar Italiano: Pizza Hut Pizza w/ Fries, Veggie Bowl</p> <p>International Flavors: Nacho Supreme, Refried Beans</p> <p>Chill and Grill: Spicy Sicilian Sliders, Buffalo Sidewinders</p> <p style="text-align: center;">Pears</p>	<p>Classic Homestyle: Country Fried Steak, Mashed Potatoes w/Gravy, Corn Muffin</p> <p>Cougar Italiano: Cajun Pasta w/ Chicken, Garlic Knot</p> <p>International Flavors: Popcorn Chicken Bowl, Rice or Mashed Potatoes w/Gravy, Roll</p> <p>Chill and Grill: Meatball Sub</p> <p style="text-align: center;">Corn Apple</p>	<p>Classic Homestyle: Mini Corn Dog, Red Roasted Potatoes</p> <p>Cougar Italiano: Papa John's Pizza, Red Roasted Potatoes, Veggie Bowl</p> <p>International Flavors: Chicken & Cheese Quesadilla</p> <p>Chill and Grill: Hamburger on Bun, Red Roasted Potatoes</p> <p style="text-align: center;">Broccoli Pineapple Tidbits</p>	<p>Classic Homestyle: Mini Panini Sliders, Sidewinders Potatoes, Orange, Cookie</p> <p>Cougar Italiano: Chicken Alfredo, Mixed Salad, Orange, Garlic Knot</p> <p>International Flavors: Flauta, Fresh Vegetable Medley, Orange</p> <p>Chill and Grill: Chicka Boom Boom Sandwich, Fresh Vegetable Medley, Orange</p>

WEEK 2	<p>Classic Homestyle: Ham & Cheese Ripper</p> <p>Cougar Italiano: Breadsticks</p> <p>International Flavor: Chicken Fajitas, Spanish Rice</p> <p>Chill and Grill: Spicy Chicken on Bun</p> <p style="text-align: center;">California Blend Pineapple Sherbet</p>	<p>Classic Homestyle: Pulled Chicken on Bun, Carrots Sticks</p> <p>Cougar Italiano: Pizza Hut Pizza w/ Fries & Veggie Bowl</p> <p>International Flavor: Top N Go Dorito Nachos, Refried Beans</p> <p>Chill and Grill: Hamburger on Bun, Carrot Sticks</p> <p style="text-align: center;">Peaches Jell-O</p>	<p>Classic Homestyle: Chicken & Noodles, Mashed Potatoes w/Gravy, Roll</p> <p>Cougar Italiano: Teriyaki Chicken, Rice or Spaghetti, Broccoli</p> <p>International Flavor: Fish Po'boy w/Cajun Sauce</p> <p>Chill and Grill: Sloppy Joe or Sloppy Seymore, Potato Wedges</p> <p style="text-align: center;">Green Beans Mandarin Oranges</p>	<p>Classic Homestyle: Chicken Patty on Bun, Broccoli</p> <p>Cougar Italiano: Papa John's w/ Fries, Veggie Bowl</p> <p>International Flavor: Sausage Gravy & Biscuit, Sausage Patty, Roasted Potatoes</p> <p>Chill and Grill: Philly Steak Sandwich, Roasted Potatoes</p> <p style="text-align: center;">Banana</p>	<p>Classic Homestyle: Country Fried Steak on Bun, Red Potatoes</p> <p>Cougar Italiano: Pasta Bar, Mixed Salad, Breadstick, Applesauce</p> <p>International Flavor: Thai Sweet Chili Chicken, Rice or Spaghetti, Asian Vegetables, Fortune Cookie</p> <p>Chill and Grill: Chicken Patty Sliders, Salad Mix</p> <p style="text-align: center;">Apple</p>
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Lunch Prices

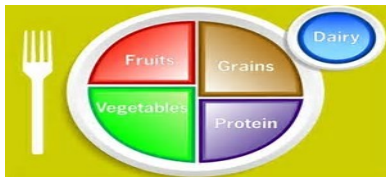
Student Lunch \$2.75
Adult Lunch \$3.50
Milk \$0.50

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. 3
Oct 8—19
Nov. 21—23
Dec. 24—Jan 4



Theme Dates
Will be determined by the café Manager at the school

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	3	4	5	6	7	1	2	3	4	5				1	2	3	4	5	6	7
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27	28	29	30	31						29	30	31			26	27	28	29	30	31				

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**AUGUST—DECEMBER
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 3	Classic Homestyle: Hamburger on Bun, French Fries	Classic Homestyle: Smokehouse BBQ, Potato Wedges	Classic Homestyle: Oven Fried Chicken, Mashed Potatoes w/ Gravy, Roll	Classic Homestyle: French Toast Sticks, Sausage Links, Roasted Red Potatoes	Classic Homestyle: Mini Corn Dogs, Sidewinders
	Cougar Italiano: Little Smokies, Au Gratin Potatoes, Biscuit	Cougar Italiano: Pizza Hut Pizza, French Fries, Veggie Bowl	Cougar Italiano: Fettuccine Alfredo, Tossed Salad, Garlic Cheese Bread	Cougar Italiano: Papa John's w/ Fries, Veggie Bowl	Cougar Italiano: Chicken Parmesan Sandwich, Vegetable Medley
	International Flavor: Chicken Parmesan on Spaghetti, Tossed Salad, Garlic Knot	International Flavor: Tachos, Refried Beans	International Flavor: General Tso Chicken on Rice or Spaghetti	International Flavor: Cajun Chicken Pasta, Broccoli	International Flavor: Sloppy Joe or Sloppy Seymore, Sidewinders
	Chill and Grill: Meatball Sub, Mixed Salad Baked Beans Peaches	Chill and Grill: Grilled Chicken on Bun, Green Beans Baked Apples	Chill and Grill: Grilled Cheese w/ Potato Soup or Broccoli Soup Peas Mandarin Oranges	Chill and Grill: Fiery Philly Steak Flatbread, Broccoli Banana	Chill and Grill: Chicken or Cheese Quesadilla, Tossed Salad Apple

WEEK 4	Classic Homestyle: Chicken Tenders, Ice Cream	Classic Homestyle: Rib A Q on Bun, Potato Wedges, Banana	Classic Homestyle: Pork Chop, Mashed Potatoes w/Gravy, Roll	Classic Homestyle: Chicken Carbano, Roll	Classic Homestyle: Boneless Wings, Celery Sticks, Potato Wedges, Breadstick
	Cougar Italiano: Lasagna Roll Up w/ Marinara Sauce, Salad	Cougar Italiano: Pizza Hut Pizza w/ French Fries, Veggie Bowl, Banana	Cougar Italiano: Queso Pasta, Breadstick	Cougar Italiano: Papa John's w/ Fries, Veggie Bowl	Cougar Italiano: Macaroni & Cheese, Broccoli, Cookie
	International Flavor: Chicken Teriyaki w/Rice or Spaghetti, Stir Fry Vegetables, fortune Cookie	International Flavor: Burrito Bowl, Rice, Refried Beans, Banana	International Flavor: Chicken Rings, Ice Cream Cup	International Flavor: Kung Pao Beef w/ Rice or Spaghetti, Broccoli	International Flavor: BBQ Grilled Chicken Breast on Bun
	Chill and Grill: Spicy Chicken Sandwich Carrot Coins Pears	Chill and Grill: French Dip w/Balsamic Roasted Onions, Green Beans, Pears	Chill and Grill: Cheeseburger on Bun, French Fries Green Beans Peaches	Chill and Grill: Chicken Patty on Bun, Mashed Sweet Potatoes Corn Pineapple Tidbits	Chill and Grill: Potato Crusted Fish on Bun, French Fries, Cookie Baked Beans Apple

Lunch Prices

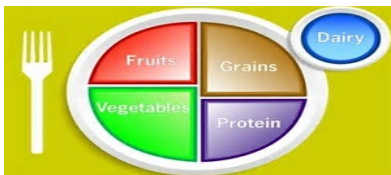
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