

Grades 9-12

2020-21 Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p><b>Corn Dog</b> or <b>Corn Dog Minis</b> 2 M/MA / 2 WGR 1/2 c <b>Tater Tots</b></p> <p><b>OR</b></p> <p><b>Oven Roasted Chicken</b> 2 M/MA</p> <p><b>OR</b></p> <p><b>Cheeseburger Macaroni</b> 3 M/MA / 1 WGR 1/2 c <b>Savory Green Beans</b> Roll 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c <b>Tomato Cup</b></p> <p>1/2 c Fruit Cup</p> <p>Milk Variety</p>	<p><b>Nachos Grande</b> 3.25 M/MA / 2 WGR 1/4 c <b>Salsa</b></p> <p><b>OR</b></p> <p><b>Taco Soup</b> 2 M/MA / 1/2 c VA Cornbread 2 WGR</p> <p><b>OR</b></p> <p><b>Chicken Tortilla Soup</b> 2 M/MA / 1/4 c VA Cornbread 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c <b>Beans</b> 1/2 c <b>Cucumbers</b></p> <p>1/2 c Apricots</p> <p>Ice Cream Cup</p> <p>Milk Variety</p>	<p><b>Crispy or Grilled Chicken Sandwich</b> 2 M/MA / 3 WGR or 2 WGR 1/2 c <b>Oven Fries</b></p> <p><b>OR</b></p> <p><b>X-Treme Burrito</b> 2 M/MA / 2 WGR 1/4 c <b>Salsa</b> 1/2 c <b>Corn</b></p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Fresh Veggie Cup 1/4 c <b>VR</b> / 1/4 c <b>VO</b></p> <p>3/4 c Fruity Gelatin (1/2 c F)</p> <p>Milk Variety</p>	<p><b>Asian Bowl</b> Egg Roll 2 M/MA / 1 WGR / 1 EG / 1/2 c VA</p> <p><b>OR</b></p> <p><b>Hamburger Steak</b> 2 M/MA Brown Gravy (NC) 1/2 c <b>Roasted Potatoes</b> Biscuit 2 EG</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Crunchy Broccoli Salad 1/8 c <b>VR</b> / 3/8 c <b>VDG</b></p> <p>1/2 c Mandarin Oranges</p> <p>Milk Variety</p>	<p><b>Pizza Choice</b> 2 M/MA / 2 WGR / 1/8 c <b>VR</b></p> <p><b>OR</b></p> <p><b>Fiesta Bowl</b> 2.5 M/MA / 1 WGR / 1 EG / 1/4 c <b>VR</b> / 1/4 c <b>VS</b> / 1/4 c <b>VL</b></p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c <b>Carrots</b> 1 c <b>Garden Salad</b></p> <p>1/2 c Fresh Seasonal Fruit</p> <p>Grain Based Dessert</p> <p>Milk Variety</p>
	Week 2	<p><b>Texas Basket</b> 2 M/MA / 3 WGR / 1/2 c <b>VS</b></p> <p><b>OR</b></p> <p><b>Monte Cristo Sandwich</b> 2 M/MA / 2 WGR 1/2 c <b>Potatoes</b></p> <p><b>OR</b></p> <p><b>Hamburger/Cheeseburger</b> 2 or 2.5 M/MA / 2 WGR 1/2 c <b>Oven Fries</b></p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c <b>Cucumbers</b></p> <p>1/2 c Strawberries</p> <p>Milk Variety</p>	<p><b>Tex-Mex Stack</b> 3 M/MA / 1 WGR Spanish Rice 1 EG</p> <p><b>OR</b></p> <p><b>Chicken Fajitas</b> 3 M/MA / 2 EG Spanish Rice 1 EG</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c <b>Beans</b> 1/2 c <b>Carrots</b> 1/4 c <b>Salsa</b></p> <p>1/2 c Hot Cinnamon Apples</p> <p>Sherbet Cup</p> <p>Milk Variety</p>	<p><b>Chicken Alfredo</b> 2 M/MA / 1 EG Breadsticks 2 WGR</p> <p><b>OR</b></p> <p><b>Pizza Pocket or Cheesy Breadsticks</b> 2 M/MA / 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Tuscan Vegetables 1 c <b>Garden Salad</b> <b>Marinara Sauce (1/2 c VR)</b></p> <p>1/2 c Peaches</p> <p>Grain Based Dessert</p> <p>Milk Variety</p>	<p><b>Ranchero Wrap or X-Treme Burrito</b> 2 M/MA / 2 EG 2 M/MA / 2 WGR 1/2 c <b>Corn</b></p> <p><b>OR</b></p> <p><b>Country Pot Pie</b> 2 M/MA / 2 EG / 1/2 c VA</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c <b>Tomato Cup</b></p> <p>2/3 c Snowball Salad (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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	<p><b>Enchiladas</b> 2 M/MA / 2 WGR</p> <p><b>OR</b> <b>Taquitos</b> 2 M/MA / 2 WGR</p> <p><b>Queso</b> 1 M/MA</p> <p><b>OR</b> <b>Salad Entrée Choice</b></p> <p>1/2 c Beans 1/2 c Corn 1/4 c Salsa</p> <p>1/2 c Fresh Seasonal Fruit Grain Based Dessert Milk Variety</p>	<p><b>Meatball Sub Sandwich</b> 2 M/MA / 2 WGR 1/2 c Tater Tots</p> <p><b>OR</b> <b>Chili Cheese Totchos</b> 2.5 M/MA / 1/2 c VS Grain Choice 2 WGR</p> <p><b>OR</b> <b>Chicken-n-Waffles</b> 2 M/MA / 3 WGR 1/2 c Hash Browns</p> <p><b>OR</b> <b>Salad Entrée Choice</b></p> <p>1/2 c Fresh Veggie Cup 1/4 c VR / 1/4 c VO</p> <p>1/2 c Strawberries Milk Variety</p>	<p><b>Chicken Nuggets or Fish</b> 2.75 M/MA / 1.25 WGR or 2 M/MA / 1.25 WGR</p> <p><b>Mac and Cheese</b> 2 M/MA / 1 WGR 1/2 c Black-eyed Peas</p> <p><b>OR</b> <b>Asian Bowl</b> Egg Roll 2 M/MA / 1 WGR / 1 EG / 1/2 c VA</p> <p><b>OR</b> <b>Salad Entrée Choice</b></p> <p>1 c Garden Salad</p> <p>1/2 c Grapes Milk Variety</p>	<p><b>Pizza Choice</b> 2 M/MA / 2 WGR / 1/8 c VR</p> <p><b>OR</b> <b>Ham and Cheese Melt OR Grilled Cheese Sandwich</b> 2 M/MA / 2 WGR Multigrain Chips 1 WGR 1 C Soup (NC)</p> <p><b>OR</b> <b>Salad Entrée Choice</b></p> <p>1/2 c Red Bell Pepper Strips or Tomato Cup 1/2 c Corn</p> <p>3/4 c Fruity Gelatin (1/2 c F) Milk Variety</p>	<p><b>Hamburger/Cheeseburger</b> 2 or 2.5 M/MA / 2 WGR</p> <p><b>OR</b> <b>Stuffed Baked Potato</b> 2 M/MA / 3/4 c VS Roll 2 WGR</p> <p><b>OR</b> <b>Potato Bowl</b> 2 M/MA / 1/2 c VS Roll 2 WGR</p> <p><b>OR</b> <b>Salad Entrée Choice</b></p> <p>1/2 c Celery 1/2 c Carrots</p> <p>1/2 c Cinnamon Applesauce Grain Based Dessert Milk Variety</p>
	Week 4	<p><b>Breaded Drumstick</b> 2 M/MA / .75 WGR Biscuit 2 EG</p> <p><b>OR</b> <b>Chili Cheese Dog or Hot Dog or Pig in a Blanket</b> 2.5 M/MA / 2 WGR 2 M/MA / 2 WGR</p> <p><b>OR</b> <b>Salad Entrée Choice</b></p> <p>1/2 c Sweet Potatoes 1/2 c Corn</p> <p>1/2 c Grapes Milk Variety</p>	<p><b>Crispy Tacos or Walking Taco</b> 3 M/MA / 1 WGR Spanish Rice 1 EG</p> <p><b>OR</b> <b>Frito Pie</b> 3.5 M/MA / 2 WGR</p> <p><b>OR</b> <b>Salad Entrée Choice</b></p> <p>1/2 c Cucumbers 1/2 c Beans 1/4 c Salsa</p> <p>1/2 c Orange Smiles Milk Variety</p>	<p><b>Lasagna or Ravioli</b> 2 M/MA / 1 WGR 1/2 c Tuscan Vegetables</p> <p><b>OR</b> <b>Chicken Nuggets</b> 2.75 M/MA / 1.25 WGR 1/2 c Mashed Potatoes</p> <p><b>OR</b> <b>Salad Entrée Choice</b></p> <p>1/2 c Broccoli Roll 2 WGR</p> <p>1/2 c Fruit Cup Grain Based Dessert Milk Variety</p>	<p><b>Hamburger/Cheeseburger</b> 2 or 2.5 M/MA / 2 WGR</p> <p><b>OR</b> <b>Pizza Choice</b> 2 M/MA / 2 WGR / 1/8 c VR</p> <p><b>OR</b> <b>Salad Entrée Choice</b></p> <p>1/2 c Steak Fries 1/2 c Carrots</p> <p>2/3 c Snowball Salad (1/2 c F) 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

2020-21 Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	<p><b>Country Fried Steak</b> 2 M/MA / 1 WGR Gravy (NC)</p> <p><b>OR</b></p> <p><b>Meatloaf</b> 2 M/MA</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Mashed Potatoes Okra (1/2 c VO) Roll 2 WGR</p> <p>1/2 c Strawberries</p> <p>Milk Variety</p>	<p><b>Meat &amp; Cheese Chalupas</b> 3 M/MA / 1 WGR Spanish Rice 1 EG</p> <p><b>OR</b></p> <p><b>Enchiladas</b> 2 M/MA / 2 WGR Spanish Rice 1 EG</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/4 c Salsa 1/2 c Cucumbers 1/2 c Beans</p> <p>1/2 c Rosy Applesauce</p> <p>Milk Variety</p>	<p><b>Chicken Tenders</b> 2 M/MA / 1 WGR Roll 2 WGR Gravy (NC)</p> <p><b>OR</b></p> <p><b>Hamburger/Cheeseburger</b> 2 or 2.5 M/MA / 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Broccoli 1/2 c Sweet Potatoes</p> <p>1/2 c Mixed Fruit Grain Based Dessert Milk Variety</p>	<p><b>Chicken Spaghetti</b> 2 M/MA / 1 EG Breadsticks 2 WGR</p> <p><b>OR</b></p> <p><b>Pizza Choice</b> 2 M/MA / 2 WGR / 1/8 c VR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1 c Garden Salad 1/2 c Carrots</p> <p>1/2 c Fresh Apple Slices</p> <p>Milk Variety</p>	<p><b>Fish Sticks</b> 2 M/MA / 1.25 WGR</p> <p><b>Mac and Cheese</b> 2 M/MA / 1 WGR</p> <p><b>OR</b></p> <p><b>BBQ on a Bun</b> 2 M/MA / 2 WGR Multigrain Chips 1 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Coleslaw 1/2 c Savory Green Beans</p> <p>1/2 c Orange Smiles Grain Based Dessert Milk Variety</p>
	Week 6	<p><b>Steak Fingers</b> 2 M/MA / 1 WGR Gravy (NC) Roll 2 WGR</p> <p><b>OR</b></p> <p><b>Roast Beef Sandwich or Philly Cheesesteak Sandwich</b> 2 M/MA / 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Potatoes 1/2 c Tomato Cup</p> <p>1/2 c Strawberries and Bananas</p> <p>Milk Variety</p>	<p><b>Spaghetti Bowl or Pizza Baked Pasta</b> 2 M/MA / 1 EG / 1/4 c VR Breadsticks 2 WGR</p> <p><b>OR</b></p> <p><b>French Bread Pizza</b> 2 M/MA / 2 WGR Marinara Sauce (1/2 c VR)</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1 c Garden Salad 1/2 c California Blend Vegetables</p> <p>1/2 c Fruit Cup</p> <p>Milk Variety</p>	<p><b>Boneless Chicken Wings</b> 2 M/MA / 1 WGR Multigrain Chips 1 WGR</p> <p><b>OR</b></p> <p><b>Beef Stew</b> 2 M/MA / 1/2 c VA w/ Cornbread 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Celery Sticks 1/2 c Carrots</p> <p>1/2 c Peaches Pudding Milk Variety</p>	<p><b>Mexican Combo Plate</b> 1 Taco, 2 Tamales, Spanish Rice 2.5 M/MA / 1.5 WGR / 1 EG</p> <p><b>OR</b></p> <p><b>Quesadilla</b> 3 M/MA / 2 EG or 2 M/MA / 2 WGR Spanish Rice 1 EG</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Corn 1/2 c Beans 1/4 c Salsa</p> <p>1/2 c Fresh Seasonal Fruit</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