

Grades 9-12

2022-23 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</p> <p><b>OR</b></p> <p><b>Oven Fried Chicken</b> 2 M/MA / 1 WGR Roll 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 Fruit Cup</p> <p>Milk Variety</p>	<p><b>Nachos Grande</b> 3.25 M/MA / 2 WGR</p> <p><b>OR</b></p> <p><b>Quesadilla</b> 3 M/MA / 2 WGR or 2 M/MA / 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/4 c Salsa 1/2 c Beans 1/2 c Cucumbers</p> <p>1/2 c Apricots Ice Cream Cup Milk Variety</p>	<p><b>Crispy or Grilled Chicken Sandwich</b> 2 M/MA / 3 WGR or 2 WGR Chips 1 WGR</p> <p><b>OR</b></p> <p><b>Spaghetti Bowl</b> 2 M/MA / 1 WGR Breadsticks 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Fresh Veggie Cup 1 c Garden Salad</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 / 2 WGR / 1/2 c VA</p> <p><b>OR</b></p> <p><b>Breaded Pork Chop</b> 2 M/MA / .5 WGR Gravy (NC) Roll 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Broccoli 1/2 c Corn</p> <p>1/2 c Mandarin Oranges</p> <p>Milk Variety</p>	<p><b>Pizza Choice</b> 2 M/MA / 2 WGR</p> <p><b>OR</b></p> <p><b>Cheeseburger Macaroni</b> 3 M/MA / 1 WGR Roll 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Carrots 1/2 c Savory Green Beans</p> <p>1/2 c Seasonal Fresh Fruit Grain Based Dessert Milk Variety</p>
	<b>Daily Entrée Optional choices</b>				
Daily	<p><b>Burger Choice</b> 2 or 2.5 M/MA / 2 WGR</p>	<p><b>Hot Sandwich Choice</b> 2 M/MA / 2 WGR</p>	<p><b>Pizza Choice</b> 2 M/MA / 2 WGR</p>	<p><b>Tex-Mex Choice</b> 2 M/MA / 2 WGR</p>	<p><b>Texas Basket Choice</b> 2 M/MA / 3 WGR / 1/2 c VS</p>
<b>Must offer daily fruit, vegetable and milk with daily entrée optional choices</b>					
Week 2	<p><b>Country Fried Steak</b> 2 M/MA / 1 WGR Gravy (NC)</p> <p><b>OR</b></p> <p><b>Fish Sticks</b> 2 M/MA / 1.25 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Potatoes Okra (1/2 c VO) Roll 2 WGR</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 WGR</p> <p><b>OR</b></p> <p><b>Chicken Fajitas</b> 3 M/MA / 2 WGR Spanish Rice 1 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Beans 1/2 c Carrots 1/4 c Salsa</p> <p>1/2 c Hot Cinnamon Apples Sherbet/Frozen Yogurt Cup Milk Variety</p>	<p><b>Chicken Alfredo</b> 2 M/MA / 1 WGR Breadsticks 2 WGR</p> <p><b>OR</b></p> <p><b>Meatball Sub Sandwich</b> 2 M/MA / 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1 c Garden Salad 1/2 c Savory Green Beans</p> <p>1/2 c Peaches</p> <p>Milk Variety</p>	<p><b>Ranchero Wrap</b> 2 M/MA / 2 WGR</p> <p><b>OR</b></p> <p><b>Popcorn Chicken</b> 2 M/MA / 1 WGR Roll 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Corn 1/2 c Crunchy Broccoli Salad</p> <p>1/2 c Fresh Apple Slices Grain Based Dessert Milk Variety</p>	<p><b>Potato Bowl</b> 2 M/MA / 1/2 c VS Roll 2 WGR</p> <p><b>OR</b></p> <p><b>Hot Dog or Pig in a Blanket</b> 2 M/MA / 2 WGR 1/2 c Potatoes</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Tomato Cup</p> <p>2/3 c Snowball Salad (1/2 c F)</p> <p>Milk Variety</p>
	<b>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</b>				

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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	<p><b>Enchiladas</b> 2 M/MA / 2 WGR</p> <p><b>OR</b></p> <p><b>Meat &amp; Cheese Chalupas</b> 3 M/MA / 1 WGR Spanish Rice 1 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Beans 1/2 c Corn 1/4 c Salsa</p> <p>1/2 c Orange Smiles 1/2 c Pudding Milk Variety</p>	<p><b>Chili Cheese Totchos</b> 2.5 M/MA / 1/2 c VS Grain Choice 2 WGR</p> <p><b>OR</b></p> <p><b>Chicken-n-Waffles</b> 2 M/MA / 3 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Fresh Veggie Cup 1/2 c Potatoes</p> <p>1/2 c Strawberries and Bananas 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</p> <p><b>OR</b></p> <p><b>Asian Bowl</b> Egg Roll 2 M/MA / 2 WGR / 1/2 c VA</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Carrots 1/2 c Squash</p> <p>1/2 c Grapes Milk Variety</p>	<p><b>Hamburger/Cheeseburger</b> 2 or 2.5 M/MA / 2 WGR Chips 1 WGR</p> <p><b>OR</b></p> <p><b>Breaded Mozzarella Sticks</b> 2 M/MA / 2 WGR <b>Marinara Sauce (1/2 c VR)</b></p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Tomato Cup 1 c Garden Salad</p> <p>1/2 c Pears Milk Variety</p>	<p><b>Roast Beef Sandwich or Philly Cheesesteak Sandwich</b> 2 M/MA / 2 WGR</p> <p><b>OR</b></p> <p><b>X-treme Burrito</b> 2 M/MA / 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Corn 1/2 c Cucumbers</p> <p>1/2 c Rosy Applesauce Grain Based Dessert Milk Variety</p>
	<b>Daily Entrée Optional choices</b>				
Daily	<p><b>Burger Choice</b> 2 or 2.5 M/MA / 2 WGR</p>	<p><b>Hot Sandwich Choice</b> 2 M/MA / 2 WGR</p>	<p><b>Pizza Choice</b> 2 M/MA / 2 WGR</p>	<p><b>Tex-Mex Choice</b> 2 M/MA / 2 WGR</p>	<p><b>Texas Basket Choice</b> 2 M/MA / 3 WGR / 1/2 c VS</p>
<b>Must offer daily fruit, vegetable and milk with daily entrée optional choices</b>					
Week 4	<p><b>Breaded Drumstick</b> 2 M/MA / .75 WGR Biscuit 2 WGR</p> <p><b>OR</b></p> <p><b>Chicken Spaghetti</b> 2.25 M/MA / 1 WGR Breadsticks 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1 c Garden Salad 1/2 c Tomatoes or Sweet Potatoes</p> <p>1/2 c Seasonal Fresh Fruit Milk Variety</p>	<p><b>Walking Taco</b> 3 M/MA / 2 WGR</p> <p><b>OR</b></p> <p><b>Frito Pie</b> 3.5 M/MA / 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Beans 1/2 c Fresh Veggie Cup</p> <p>1/2 c Chilled Pineapple Grain Based Dessert Milk Variety</p>	<p><b>Lasagna</b> 2 M/MA / 1 WGR / 1/8 c VR Breadsticks 2 WGR</p> <p><b>OR</b></p> <p><b>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 Broccoli Marinara Sauce (1/2 c VR)</p> <p>1/2 c Cinnamon Applesauce Milk Variety</p>	<p><b>Fiesta Bowl</b> 2.5 M/MA / 2 WGR / 1/4 c VR / 1/4 c VS / 1/4 c VL</p> <p><b>OR</b></p> <p><b>Boneless Chicken Wings</b> 2 M/MA / 1 WGR Chips 1 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Celery 1/2 c Carrots</p> <p>1/2 c Mixed Fruit Sherbet/Frozen Yogurt Cup Milk Variety</p>	<p><b>Chicken Parmesan</b> 2.5 M/MA / 2 WGR / 1/2 c VR Roll 2 WGR</p> <p><b>OR</b></p> <p><b>Steak Fingers</b> 2 M/MA / 1 WGR Gravy (NC) Roll 2 WGR</p> <p><b>OR</b></p> <p><b>Salad Entrée Choice</b></p> <p>1/2 c Savory Green Beans 1/2 c Corn</p> <p>1/2 c Peaches Milk Variety</p>
	<b>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</b>				