


MS/HS LUNCH MENU

September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hot Dog w/ Bun Or Chicken Fried Steak Sandwich Baked Beans	2 Chicken Strips Or Sheppard's Pie Cooked Carrots Brownie	3 Pizza Or Sloppy Cheeseburger Corn
6 LABOR DAY NO SCHOOL	7 Ham & Cheese Sandwich w/ Chips or Hamburger Potato Casserole Cookie	8 Super Mexican Potatoes Or Breaded Chicken Sandwich Corn	9 Fried Chicken Mashed Potatoes w/ Gravy Dinner Roll Or Meatball Sub w/Chips	10 Cheese Stuffed Breadstick w/ Marinara Sauce Or Chicken Ranch Wrap Green Beans
13 Chicken/Cheese Crisпитos w/ Refried Beans Or Cavatini w/ Garlic Breadstick	14 Sloppy Joe w/ Bun Or Sweet & Sour Chicken w/Rice Peas Cake	15 French Toast Bake Or Biscuits & Gravy Sausage Scrambled Eggs	16 Goulash Or Chili w/ Crackers Green Beans Cookie	17 Pizza Or Fish Sandwich Corn
20 Cheeseburger w/Bun Or Chicken Quesadilla French Fries	21 Mini Corn Dogs Or Baked Potato Bar Broccoli w/Cheese Sauce Sherbet	22 Soft Beef Tacos Or Chicken Fettuccini Alfredo w/ breadstick Corn	23 Salisbury Steak Mashed Potatoes w/ Gravy Dinner Roll Or Turkey & Cheese Sub w/Chips	24 Italian Dunkers w/ Marinara Sauce Or Taco Burger Green Beans
27 Breaded Chicken Patty Rice & Gravy Or Tater Tot Casserole California Veggies	28 Grilled Cheese Sandwich Tomato Soup Or Chicken Fajitas w/ Spanish Rice Cookie	29 Super Beef Nachos Or Ham & Cheese Sub w/ Chips Corn	30 Lasagna w/ Garlic Breadstick Or BBQ Rib w/ Bun Peas	

School Lunches

All lunches served include:
Choice of ½ pint (8oz)
1% white milk or
Skim chocolate milk.
Salad Bar (featuring fresh
fruits & vegetables)

Meals must include 2-4 items:
* You must choose main entrée
* You may choose 1-2 sides
* You may choose 1 milk

Meal Prices

Student Lunch	\$2.60
Adult Lunch	\$3.00
Extra Entrée	\$1.60
Extra Milk	\$0.45

This institution is an equal
opportunity employer

