High School Menu

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Entrée**  **May select 1** | Roast Pork (*2 oz; 2 oz* *m/ma*) with brown rice (*1 cup; 2 oz eq G* - ***WGR***)  ***Or***  Ground Beef & Mac (*D-22*; *1 cup; 2.5 oz m/ma*, *1.25* *oz eq G*) with WW roll (*0.75 oz eq G –* ***WGR***) | Tuna Salad (*F-08; ½* *cup; 2 oz m/ma*) on WW Bread (*2 slices; 2* *oz eq G –* ***WGR***)  ***Or***  Baked Cajun Fish (*D-46; 1 piece; 2 oz m/ma*) with cornbread (*B-09; 2 pieces; 2 oz eq G*) | Cheese Pizza with WG crust (*1 slice; 2 oz m/ma, 2* *oz eq G-****WGR***)  ***Or***  Spaghetti with Meat Sauce (*D-35; 1 cup; 2 oz m/ma, 1 oz eq G*)  with WW breadstick (*1 oz eq G –* ***WGR***) | Chicken Fillet on WW bun (*1 each; 2 oz* *m/ma, 2 oz eq G-****WGR***)  ***Or***  PBJ Sandwich (*1 each; 2 oz m/ma, 2 oz eq G-****WGR***) | Bean Burrito (*D-12A*; *1 each; 2 oz m/ma,* *1.5* *oz eq G*) with cilantro brown rice *(¼ cup; ½* *oz eq G-****WGR***)  ***Or***  Sloppy Joes on WW bun (*F-05*; *1 each;*  *2 oz m/ma, 2 oz eq G-****WGR***) |
| **May select 1** | Apple cobbler  (*C-02; 1 portion*)  *½ cup fruit, 1 oz eq G* |  |  | WW Sugar Cookie  (*C-30; 1 piece*)  *1 oz eq G-****WGR*** |  |
| **May select 2 veggies**  **and**  **May select 2 fruits**  **(½ cup each unless noted)** | Orange glazed sweet potatoes (*I-13*)  Tender zucchini  Crisp garden salad (*1.5 cups*)\*  Fresh grapes  Banana | Steamed broccoli & cauliflower *(¼ cup each*)  Baked beans (*I-06; 2/3 cup; = ½ cup* *veg*)  Romaine salad  (*1 cup*)  Orange slices, fresh  Chilled apricots | Green peas  Fresh cherry tomatoes  Crisp garden salad (*1.5 cups*)\*  Chilled pears  Fresh apple | Zesty zucchini  Black bean & corn salad (*¼ cup each*)  Romaine salad (*1 cup*)  Fresh, crisp pear  Banana | Lemon broccoli  Crunchy carrots  Crisp garden salad (*1.5 cups*)\*  Chilled pineapple  Kiwi slices |
| **May select 1**  **(1 carton, 8 fl oz)** | Lowfat milk (1%)  Fat-free milk  Chocolate milk (FF) | Lowfat milk (1%)  Fat-free milk  Chocolate milk (FF) | Lowfat milk (1%)  Fat-free milk  Chocolate milk (FF) | Lowfat milk (1%)  Fat-free milk  Chocolate milk (FF) | Lowfat milk (1%)  Fat-free milk  Chocolate milk (FF) |
| **Optional** | House made French dressing | House made Italian dressing | House made Ranch dressing | Mayonnaise  Mustard | House made Ranch or French dressing |

\*Crisp Garden Salad = 1 cup Romaine lettuce + ¼ cup tomatoes + ¼ cup cucumbers