

High School

January 14-18, 2019

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

SIDES

A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Homestyle Hearty Meals

Just like Grandma used to make!

Try a traditional healthy meal!

FAVORITES

MONDAY	Breaded & Oven Baked Fish Nuggets & WGR Roll
TUESDAY	Deluxe Cheesy Macaroni & WGR Roll
WEDNESDAY	Tyson's Popcorn Chicken Bowl & WGR Roll
THURSDAY	Meatballs & Gravy over Rice
FRIDAY	Smoky BBQ Chicken Sandwich

Grab-n-Go Items!

Craving a Burger or Creation

Don't Pass up this Station!

GRILL

MONDAY	Savory Hamburger, Juicy Cheeseburger, Tyson's Crispy Chicken Sandwich, Chicken Basket & Dinner Roll
TUESDAY	Savory Hamburger, Juicy Cheeseburger, Tyson's Crispy Chicken Sandwich, Cheesy Pizza Burger
WEDNESDAY	Savory Hamburger, Juicy Cheeseburger, Tyson's Crispy Chicken Sandwich, Cheesy Patty Melt
THURSDAY	Savory Hamburger, Juicy Cheeseburger, Tyson's Crispy Chicken Sandwich, Tyson's Spicy Chicken Sandwich
FRIDAY	Savory Hamburger, Juicy Cheeseburger, Tyson's Crispy Chicken Sandwich, Chicken Basket & Dinner Roll

PIZZA

Homemade Pizza

*Baked Fresh Daily!
Just for you!*

MONDAY	Cheese, Pepperoni, Vegetable
TUESDAY	Cheese, Pepperoni, Supreme
WEDNESDAY	Cheese, Pepperoni, Sausage
THURSDAY	Cheese, Pepperoni, Buffalo Chicken
FRIDAY	Cheese, Pepperoni, Meatlovers

DELI

Sandwiches, Wraps, Subs

Made fresh daily!

MONDAY	Deli Line, Ham & Cheese Sub
TUESDAY	Deli Line, All American Sub
WEDNESDAY	Deli Line, Spicy Italian Wrap
THURSDAY	Deli Line, Turkey & Cheese Sub
FRIDAY	Deli Line, Ham & Cheese Wrap

This institution is an equal opportunity provider.

Nutrition Information is available upon request.

CROSSROADS
CAFE
by *sodexo*

Entree Salads

Fresh Veggies & Yummy Protein

Pair to create entree



- | | |
|------------------|-------------------------------|
| MONDAY | Chef Supreme Salad |
| TUESDAY | Original Crispy Chicken Salad |
| WEDNESDAY | Chef Supreme Salad |
| THURSDAY | Spicy Italian Salad |
| FRIDAY | Chef Supreme Salad |



This Week's Feature:



Monday: LOADED Potato Bar
Don't miss out! Load up a hearty spud with yummy toppings!
Tuesday: FIERY Fiesta Bar
Looking to spice up lunch? Don't miss this zesty treat!
Wednesday: ZESTY Asian Bar
In the mood for a tasty meal? Check out this station!
Thursday: FIERY Fiesta Bar
Looking to spice up lunch? Don't miss this zesty treat!
Friday: ZESTY Asian Bar
In the mood for a tasty meal? Check out this station!

Heat up with our tasty homemade soup!
Every Monday in January, enjoy a special soup!

Nutrition Information is available upon request.

