

# High School

## January 21-25, 2019

Our menus are aligned with the USDA's 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

**TUESDAY** Shepard's Pie

**WEDNESDAY** BRUNCH FOR LUNCH!  
Chicken & Waffles

**THURSDAY** BBQ Pork Sandwich

**FRIDAY** Sweet & Sour Chicken with Fried Rice

### Grab-n-Go Items!

*Craving a Burger or Creation*

*Don't Pass up this Station!*

### GRILL

#### MONDAY

**TUESDAY** Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Cheesy Pizza Burger

**WEDNESDAY** Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Cheesy Patty Melt

**THURSDAY** Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Spicy Crispy Chicken Sandwich

**FRIDAY** Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Chicken Parmesan Sandwich

### PIZZA

### Homemade Pizza

*Baked Fresh Daily!*

*Just for you!*

#### MONDAY

**TUESDAY** Cheese, Pepperoni, Buffalo Chicken

**WEDNESDAY** Cheese, Pepperoni, Sausage

**THURSDAY** Cheese, Pepperoni, Vegetable

**FRIDAY** Cheese, Pepperoni, Meatlovers

### DELI

### Sandwiches, Wraps, Subs

*Made fresh daily!*

#### MONDAY

**TUESDAY** Deli Line, Ham & Cheese Sub

**WEDNESDAY** Deli Line, Spicy Italian Wrap

**THURSDAY** Deli Line, All American Sub

**FRIDAY** Deli Line, Turkey & 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*



**This Week's Feature:**



**MONDAY**

**TUESDAY** Original Crispy Chicken Salad

**WEDNESDAY** Chef Supreme Salad

**THURSDAY** Spicy Italian Salad

**FRIDAY** Chef Supreme Salad

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!

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