

# High School

## November 5-9, 2018

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

<b>MONDAY</b>	County Fair Corndog
<b>TUESDAY</b>	Little Italy's Pasta Bar - choose your pasta and toppings! Bravo!
<b>WEDNESDAY</b>	Philly Chicken Cheesesteak Sub
<b>THURSDAY</b>	Spicy Buffalo Chicken Macaroni
<b>FRIDAY</b>	Smokey BBQ Chicken & Rice Pilaf

### Grab-n-Go Items!

*Craving a Burger or Creation*

*Don't Pass up this Station!*

### GRILL

<b>MONDAY</b>	Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Deluxe Grilled Cheese Sandwich
<b>TUESDAY</b>	Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Cheesy Pizza Burger
<b>WEDNESDAY</b>	Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Cheesy Patty Melt
<b>THURSDAY</b>	Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Spicy Crispy Chicken Sandwich
<b>FRIDAY</b>	Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Chicken Parmesan Sandwich

### PIZZA

### Homemade Pizza

*Baked Fresh Daily!*

*Just for you!*

<b>MONDAY</b>	Cheese, Pepperoni, Supreme
<b>TUESDAY</b>	Cheese, Pepperoni, Buffalo Chicken
<b>WEDNESDAY</b>	Cheese, Pepperoni, Sausage
<b>THURSDAY</b>	Cheese, Pepperoni, Vegetable
<b>FRIDAY</b>	Cheese, Pepperoni, Meatlovers

### DELI

### Sandwiches, Wraps, Subs

*Made fresh daily!*

<b>MONDAY</b>	Deli Line, Turkey & Cheese Sub
<b>TUESDAY</b>	Deli Line, Ham & Cheese Sub
<b>WEDNESDAY</b>	Deli Line, Spicy Italian Wrap
<b>THURSDAY</b>	Deli Line, All American Sub
<b>FRIDAY</b>	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 this entree*

<b>MONDAY</b>	Chef Supreme Salad
<b>TUESDAY</b>	Original Crispy Chicken Salad
<b>WEDNESDAY</b>	Chef Supreme Salad
<b>THURSDAY</b>	Spicy Italian Salad
<b>FRIDAY</b>	Chef Supreme Salad

**SALADS**

**CREATIONS**

**This Week's  
Feature:**

**CREATIONS**

Monday: LOADED Baked 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!



### Did you know?

#### ICEBERG LETTUCE

- Iceberg lettuce is 90% water.
- Lettuce is a member of the sunflower family.
- In the United States, lettuce is the second most popular fresh vegetable.

Nutrition Information is available upon request.

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