

High School

March 4-8, 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	Buffalo Chicken Sub
TUESDAY	Salisbury Steak & Gravy w/ Roll
WEDNESDAY	Pasta Bar - choose your pasta and toppings!
THURSDAY	Herb Roasted Chicken & Rice Pilaf
FRIDAY	Zesty Italian Meatball Sub

Grab-n-Go Items!

Craving a Burger or Creation

Don't Pass up this Station!

GRILL

MONDAY	Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Hot Diggety Dog
TUESDAY	Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Spicy Burger
WEDNESDAY	Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Crispy Fish Sandwich
THURSDAY	Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Spicy Italian Wrap
FRIDAY	Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Deluxe Grilled Cheese Sandwich

PIZZA

Homemade Pizza

*Baked Fresh Daily!
Just for you!*

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

DELI

Sandwiches, Wraps, Subs

Made fresh daily!

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



- 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 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?

Breakfast is the meal that fuels your body for the day. That is why it is called Break Fast-when you eat, you are breaking your fast! It has been proven that students who eat breakfast perform better in school. It's National Breakfast Week, come start your engines with BreakFast!

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