



PANTANO HIGH SCHOOL  
LUNCH  
DECEMBER 2018



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Students **MUST** select 3 out of the 5 meal components.


One of the 3 components selected **MUST** be a fruit Or vegetable.

**Cold Sandwiches**  
Monday – **Crispy Chicken Wrap**  
Tuesday – **Turkey & Cheese Sub**  
Wednesday – **Buffalo Chicken Wrap**  
Thursday – **Italian Sub**  
Friday – **Club Wrap**

School lunch provides 1/3 of the average daily calorie needs for kids by age.



3  
Chili Frito Pie w/ Dinner Roll  
OR  
Bacon Cheeseburger  
  
OR  
Buffalo Chicken Salad w/ Dinner Roll  
  
Green Beans  
Fruit  
1% and Fat Free Milk

 4  
**National Cookie Day**  
Chicken Alfredo Pasta w/Breadstick  
OR  
Spicy Chicken Patty  
OR  
Crispy Chicken Salad w/ Dinner Roll  
Carrot Coins  
Fruit  
1% and Fat Free Milk

5  
Chicken Fajitas w/Spanish Rice  
OR  
Italian Meatball Sub  
  
OR  
Chef Salad w/Dinner Roll  
  
Pinto Beans  
Fruit  
1% and Fat Free Milk

6  
Sausage Pizza  
  
OR  
BBQ Riblet Sandwich  
  
OR  
Buffalo Chicken Salad w/ Dinner Roll  
  
Broccoli  
Fruit  
1% and Fat Free Milk

7  
Orange Chicken Stir Fry w/ Brown Rice  
OR  
Chicken Patty Sandwich  
  
OR  
Chicken BLT Salad w/ Dinner Roll  
  
Corn  
Fruit Juice  
1% and Fat Free Milk

10  
Cheese Enchiladas w/Spanish Rice  
OR  
Chicken Patty Sandwich  
  
OR  
Chef Salad w/ Dinner Roll  
  
Refried Beans  
Fruit  
1% and Fat Free Milk

11  
Chicken Fried Steak w/ Dinner Roll  
OR  
Sausage Pizza  
  
OR  
Buffalo Chicken Salad w/ Dinner Roll  
  
Whipped Potatoes/Gravy  
Fruit  
1% and Fat Free Milk

12  
Beefy Nachos  
  
OR  
Cheeseburger  
  
OR  
Chicken Caesar Salad w/ Dinner roll  
  
Ranchero Beans  
Fruit  
1% and Fat Free Milk

13  
Oven Roasted Chicken & Waffles  
OR  
Spicy Chicken Patty  
  
OR  
Crispy Chicken Salad w/ Dinner Roll  
  
Green Beans  
Fruit  
1% and Fat Free Milk

14  
Sesame Ginger Chicken w/Brown Rice  
OR  
Whole Grain Bean & Cheese Burrito  
OR  
Chef Salad w/ Dinner Roll  
  
Broccoli  
Fruit Juice  
1% and Fat Free Milk

17  
Chicken Alfredo Pasta w/Breadstick  
OR  
Spicy Chicken Patty  
  
OR  
Buffalo Chicken Salad w/ Dinner Roll  
  
Green Beans  
Fruit  
1% and Fat Free Milk

18  
Chicken Fried Steak w/ Dinner Roll  
OR  
Cheese Pizza  
  
OR  
Crispy Chicken Salad w/ Dinner Roll  
  
Mashed Potatoes/Gravy  
Fruit  
1% and Fat Free Milk

19  
**Early Release Day  
No Lunch Service**



20  
**Early Release Day  
No Lunch Service**



21  
**Early Release Day  
No Lunch Service**



**School Closed  
Winter Break  
December 24 – 28**



Menus subject to change without notice.

“This institution is an equal opportunity provider.”

Nutritional information is available at the food service office.