

Schalick High School September 2018

Lunch: \$3.00 Reduced: \$.40
Adult: \$4.50



Made to Order Sandwiches Daily
*Featuring Whole Wheat Wraps,
Whole Wheat Sliced Bread, and Club Rolls.*
All meals include Sides & Milk

9/3 CLOSED Labor Day	9/4 CLOSED Staff In-Service	9/5 CLOSED Staff In-Service	9/6 Boneless Chicken Wings w/ Smile Fries	9/7 Corn Dog Nuggets w/Green Beans and Carrot Planks
9/10 Grilled Cheese w/ Tomato Soup & Steamed Carrots	9/11 Mozzarella Stick w/Marinara Sauce & Golden Corn	9/12 Cheese Ravioli w/Breadstick Sautéed Broccoli & Carrot Sticks	9/13 Chicken & Cheese Taquito's w/Refried Beans	9/14 Hot Dog Bar w/Cucumber Slices & Baby Carrots
9/17 Fluffy Pancakes w/Sausage & Sautéed Carrots	9/18 Chicken Filet Sandwich w/Waffle Fries	9/19 Pasta & Meatballs w/Breadstick Steamed Broccoli & Carrot Sticks	9/20 Chicken & Waffles w/Seasoned Beans	9/21 BBQ Pulled Pork Sandwich w/Green Beans and Carrot Planks
9/24 Sausage, Egg & Cheese Bagel w/Steamed Carrots	9/25 Poppin' Popcorn Chicken w/Tator Tots	9/26 Pasta & Italian Meat Sauce w/Breadstick Steamed Spinach & Carrot Sticks	9/27 Walking Nachos w/Refried Beans	9/28 Chicken Parm Sandwich w/ Celery Sticks & Carrot Planks
SP V			Menu Subject to Change Food Service Office: (856) 358-2054 x4108	All meals include Fruit, Vegetables & Milk

SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Fruits & Canned Fruits, Vegetables, 1% or Non Fat Milk
Included with all meals.



Tuesday & Thursday

Made to Order Tacos and Nachos
All Meals include Sides & Milk



WEEKLY CHOICES

Monday – Buffalo Chicken Salad or Chicken Caesar Salad
Tuesday – Chicken Caesar Salad
Wednesday – Buffalo CK Salad or Chicken Caesar Salad
Thursday – Chicken Caesar Salad
Friday – Buffalo Chicken Salad or Chicken Caesar Salad
All meals include Sides & Milk



EVERYDAY CHOICES

Hamburger/Cheese Burger/Chicken Patty
WEEKLY CHOICES
Monday – Chicken Tenders
Tuesday – Meatball Sub
Wednesday – Chicken Tenders
Thursday – Ham & Cheese Pretzel Melt
Friday – Chicken Tenders
All meals include Sides & Milk



EVERYDAY CHOICES

Cheese or Pepperoni Pizza. Include Sides & Milk.
All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.

SP V Vegetarian
Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, & calories.