

# September 2016

## Middle & High School Menu

### LUNCH



**"USDA and this institution are equal opportunity providers and employers."**



**Items offered daily:**

1% Milk, Skim, Chocolate, & Strawberry Milk  
Choice of Fresh Seasonal Fruit  
or 100% Fruit Juice  
Choice of Fresh Seasonal Vegetable



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Country Style Steak **5**  
Mashed Potatoes w/ Gravy  
Green Beans  
**SC** Fresh Grape Tomatoes w/ Dip  
Yeast Roll

Chicken Fajitas **6**  
Sautéed Peppers & Onions  
Refried Beans  
Chips & Salsa  
Lettuce, **SC** Diced Tomatoes,  
Sour Cream, Guacamole

Orange Chicken **7**  
LoMein Noodles  
Steamed Broccoli  
Honey Glazed Carrots  
Egg Roll

Buffalo Chicken Wings **1**  
Green Beans  
Onion Rings  
Carrots w/ Ranch  
Cookie

Taco Salad **2**  
(Chips, Meat, Toppings)  
Mexican Rice  
Pinto Beans

Meatloaf **12**  
Mashed Potatoes w/ Gravy  
Broccoli w/ Cheese  
**SC** Steamed Squash  
Yeast Roll

Loaded Nachos **13**  
Black Beans  
Mexican Rice  
**SC** Sliced Cucumbers w/ Dip  
Strawberry Shortcake

**Early Release Day** **14**  
Chicken Sandwich  
Chips  
Fresh Fruit  
Juice

Chicken Alfredo **15**  
Over Fettucine  
Green Peas  
Fresh Broccoli w/ Dip  
Garlic Bread

BBQ Chicken **16**  
Breaded Okra  
Mashed Potatoes w/ Gravy  
**SC** Cucumber & Tomato Salad  
Yeast Roll

Spaghetti **19**  
Garlic Bread Stick  
Side Salad  
Cookie

Turkey Pot Roast **20**  
Mashed Potatoes w/ Gravy  
Oven Roasted Baby Carrots  
Black Eyed Peas  
Yeast Roll

Teriyaki Chicken **21**  
Fried Rice  
Steamed Broccoli  
Egg Roll

Chicken & Noodles **22**  
Steamed Fresh Vegetables  
Yeast Roll  
Grapes

Oven Crispy Chicken **23**  
Au Gratin Potatoes  
Green Beans  
Fresh Fruit Salad  
Yeast Roll

Buffalo Chicken Wings **26**  
Green Beans  
Onion Rings  
Carrots w/ Ranch  
Cookie

Chicken Parmesan **27**  
Pasta w/ Marinara  
Creamed Spinach  
Garlic Bread

General Tso's **28**  
LoMein Noodles  
Steamed Oriental Vegetables  
**SC** Sautéed Cabbage  
Egg Roll

Oven Roasted Chicken **29**  
Mashed Potatoes w/ Gravy  
Green Beans  
Carrots  
Yeast Roll

Asian BBQ w/ Flatbread **30**  
Asian Cole Slaw  
Steamed Vegetables  
Italian Ice