

HIGH SCHOOL MENU

G= Whole Grain **g=Grams of Carbohydrates**
V=Vegetarian Entrée **P=Pork Entrée**

B=Breakfast: A choice of juice, skim and 1% milk, cereal, and toast is offered daily. At least two items must be selected for breakfast price to apply.

Lunch: An entrée plus one or two sides and milk are offered. At minimum, an entrée and one other item must be selected for lunch price to apply.

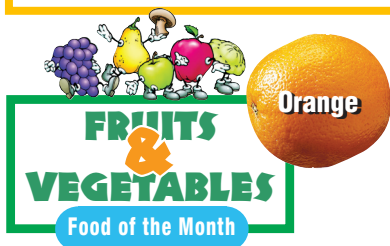
An additional one or two whole-grain rolls and cookie may be requested.

Caution: Common food allergen triggers—such as, but not limited to, dairy, eggs, fish, milk, nuts, soy, and wheat—may have come in contact with some or all foods served due to cross-contamination possibility in manufacturing or service and preparation.

Over a period of one week, the most popular menu items average:
 Calories: 864
 Grams of Fat: 27

February 2012

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| 2/6, 2/20 | 2/7, 2/21 | 2/8, 2/22 | 2/9, 2/23 | 2/10, 2/24 |
| B -Breakfast Pizza (39g) B -French Toast Sticks (72g) Chicken Nuggets (13g) Spaghetti (29g) Breaded Pork Patty (18g) (P) Chicken Fajita Wrap (17g) Mashed Potatoes w/Gravy (19g) California Vegetables (4g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Applesauce (23g) Seasonal Fresh Fruit (16g) Roll (29g) G | B -Sausage Biscuit (27g) (P) B -Baked Oatmeal (28g) G Cheeseburger (30g) Hot & Spicy Chicken Sandwich (36g) Chili w/Crackers (24g) Chicken Pot Pie w/Biscuit (45g) Crinkle Fries (21g) Baked Beans (31g) Corn (16g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Pineapple Tidbits (20g) Seasonal Fresh Fruit (16g) Roll (29g) G | B -Cinnamon Roll (57g) B -Scrambled Eggs (2g) Papa John's Pizza (39g) G PB&J Uncrustable (33g) (M) Broccoli (4g) Green Beans (5g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Peach Slices (17g) Seasonal Fresh Fruit (16g) Roll (29g) G | B -Egg and Cheese Biscuit (27g) B -Donut (31g) Breaded Chicken (7g) Taco (32g) Cheese Quesadilla (41g) (M) G Beef & Cheese Hoagie (34g) Rice w/Beans (40g) G Peas (14g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Pear Slices (20g) Seasonal Fresh Fruit (16g) Roll (29g) G | B -Banana (61g) or Blue Ribbon Muffin (39g) B -Sausage Pancake (13g) (P) Cheeseburger (32g) Chicken Nuggets (13g) Cheese Pizza (33g) (M) G Pepperoni Pizza (33g) (P) G Fish Sandwich (42g) Macaroni & Cheese (10g) Kale Greens (6g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Fruit Cocktail (18g) Seasonal Fresh Fruit (16g) Roll (29g) G |
| (2/13—No School), 2/27 | 2/14, 2/28 | 2/1, 2/15, 2/29 | 2/2, 2/16 | 2/3, 2/17 |
| B -Sausage Biscuit (27g) (P) B -French Toast Sticks (72g) Hot & Spicy Chicken Sandwich (36g) Round Cheese Pizza (43g) (M) Round Pepperoni Pizza (36g) (P) Breaded Pork Patty (18g) (P) Chicken Pot Pie w/Biscuit (45g) Kale Greens (6g) Corn (16g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Applesauce (23g) Seasonal Fresh Fruit (16g) Roll (29g) G | B -Bfst. Chicken Patty on Biscuit (25g) B -Donut (31g) Nacho Grande (50g) Hot & Spicy Chicken Sandwich (36g) Chicken Nuggets (13g) Asian Rice Bowl (20g) Crinkle Fries (21g) California Vegetables (5g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Pineapple Tidbits (20g) Seasonal Fresh Fruit (16g) Roll (29g) G | B -Cinnamon Roll (57g) B -Enriched Cinnamon Roll (57g) Scrambled Eggs (2g) Papa John's Pizza (39g) G Corn Dog (30g) G Macaroni & Cheese (10g) Peas (14g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Peach Slices (17g) Seasonal Fresh Fruit (16g) Roll (29g) G | B -Sausage Pancake (P) (13g) Breaded Chicken (7g) Cheeseburger (32g) Spaghetti (29g) Grilled Cheese Sandwich (23g) (M) Mashed Potatoes w/Gravy (29g) Green Beans (8g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Fruit Cocktail (18g) Seasonal Fresh Fruit (16g) Roll (29g) G | B -Banana (61g) or Blue Ribbon Muffin (39g) B -Egg & Cheese Biscuit (27g) Cheeseburger (32g) Chicken Nuggets (13g) Cheese Pizza (33g) (M) G Pepperoni Pizza (33g) (P) G Chili Dog (29g) Crinkle Fries (21g) Baked Beans (31g) Corn (16g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Pear Slices (20g) Seasonal Fresh Fruit (16g) Roll (29g) G |



Daily Choices Include:
 Ham & Cheese Hoagie Sandwich
 Chef & Entrée Salads
 PB&J Uncrustable
 Yogurt w/Pretzel

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