

LUNCH MENU

Grades 9-12

School Year 2015-16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Whole Grain Rotini & Meat Sauce Steamed Broccoli Applesauce Grape Juice	BBQ Chunky Chicken on Whole Grain Bun Baked Beans Green Beans Mixed Fruit Orange-Pineapple Juice	Beefy Mac & Cheese Green Peas Whole Kernel Corn Chilled Peaches Raspberry-Lemon Frozen Juice Whole Grain Bread	Southwest Chicken Nachos/Salsa Black Beans Chilled Pineapple Blended Fruit Juice Strawberry Waffle Grahams	Turkey & Cheese on Whole Grain Bun Carrot-Raisin Salad Coleslaw Chilled Pears/Fruit Juice Graham Crackers
WEEK 2	Whole Grain Cheese Enchilada with Sauce Steamed Brown Rice Whole Kernel Corn Mandarin Oranges Orange-Pineapple Juice	BBQ Chicken Thigh Green Beans Mashed Potatoes Mixed Fruit Strawberry-Mango Frozen Juice Whole Wheat Bread	Ravioli in Meat Sauce Mixed Vegetables Chilled Pineapple Blended Fruit Juice Whole Grain Bread Graham Crackers	Cheeseburger on Whole Grain Bun Baked Beans Potatoes O'Brien Chilled Peaches Apple Juice	Chicken Strips WG Noodles in Marinara Carrot Sticks Steamed Broccoli Applesauce Grape Juice Whole Grain Roll
WEEK 3	Hot Dog on Whole Grain Bun Baked Beans Carrots Chilled Pineapple Blended Fruit Juice Graham Crackers	Chicken Nuggets Mashed Sweet Potatoes Green Peas Chilled Pears Grape Juice Whole Grain Dinner Roll	Bean and Cheese Burrito with Queso Sauce Whole Kernel Corn Green Beans Mixed Fruit Orange-Pineapple Juice	Baked Chicken Thigh Steamed Brown Rice Broccoli Scalloped Potatoes Applesauce Orange Juice Whole Wheat Bread	Turkey, Ham(Turkey) and Cheese on WW Bread Carrot-Raisin Salad Coleslaw Chilled Peaches Kiwi-Strawberry Frozen Juice
WEEK 4	Cheeseburger on Whole Grain Bun Baked Beans Whole Kernel Corn Applesauce Grape Juice	Baked Chicken Thigh Green Beans Potatoes Au Gratin Chilled Peaches Apple Juice Whole Grain Bread Graham Crackers	Huevos Rancheros with Diced Potatoes and Green/Red Peppers Mandarin Oranges Orange-Pineapple Juice Whole Wheat Tortilla	Twisted Mac & Cheese Steamed Broccoli Carrots Mixed Fruit Strawberry-Mango Frozen Juice Whole Grain Roll	Chicken Strips Diced Sweet Potatoes Mixed Vegetables Chilled Pineapple Orange Juice Whole Grain Bread Graham Crackers

1% Low-fat milk or fat-free chocolate milk served with all meals

