



Menu High 2022-2023





| CHEF'S TABLE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|--|--|---|---|
| WEEK 1 | Chili Topped Baked Potato <small>served with choice of side \$7.25</small> | Buffalo Chicken Quesadilla <small>served with choice of side \$7.25</small> | Butter Chicken, Rice & Sauteed Veggies <small>served with choice of side \$7.25</small> | Pulled Pork on a Bun with Mashed Potato <small>served with choice of side \$7.25</small> | Shepherds Pie Mashed Potato Bowl <small>served with choice of side \$7.25</small> |
| WEEK 2 | Teriyaki Chicken With Rice <small>served with choice of side \$7.25</small> | Tex Mex Tacos with Mexican Rice <small>served with choice of side \$7.25</small> | Chicken Souvlaki, Potato Wedges & Tzatziki Sauce <small>served with choice of side \$7.25</small> | Sloppy Joe Sandwich <small>served with choice of side \$7.25</small> | Hot Diced Chicken on a Bun with Mashed Potato <small>served with choice of side \$7.25</small> |
| WEEK 3 | Beef Burrito <small>served with choice of side \$7.25</small> | Chicken Fajita with Mexican Rice <small>served with choice of side \$7.25</small> | Chinese Rice Bowl <small>served with choice of side \$7.25</small> | Buffalo Chicken Flatbread <small>served with choice of side \$7.25</small> | S&S Turkey or Beef Meatballs & Brown Rice <small>served with choice of side \$7.25</small> |
| PASTA OF THE DAY | One Pasta option available daily. Served with fresh baked Breadstick, \$6.00 Add Caesar Salad for an additional \$1.25 | | | | |



Daily Items High School 2022-2023



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|  BREAKFAST <small>HELP W/ THIS</small> | Bagel with Butter | \$ 2.25 |
| | Bagel with Cream Cheese | \$ 3.25 |
| | Egg and Cheese Breakfast Sandwich | \$ 4.00 |
| | Breakfast Burrito | \$ 4.50 |
|  GRILL <small>HEALTHY CHOICES</small> | Hand Cut Oven Roasted Home Fries | \$ 3.25 |
| | Hash Brown Triangles | \$ 3.25 |
| | Yogurt Parfait | \$ 4.00 |
| | Grilled Hamburger | \$ 5.25 |
| | Cheeseburger | \$ 6.00 |
| | Grilled Chicken Sandwich | \$ 7.00 |
| | Crispy Chicken Burger | \$ 4.75 |
| Chicken Nuggets with Sauce | \$ 4.75 | |
|  SANDWICH <small>HELP CHOOSE</small> | Hand Made Oven Roasted Potato Wedges | \$ 3.40 |
| | Baked Chicken Fingers with Sauce | \$ 4.75 |
| | Baked Popcorn Chicken with Sauce | \$ 3.75 |
| | Baked Fries | \$ 3.40 |
| | Gravy | \$ 0.50 |
| | Tuna Salad Sandwich on WW | \$ 4.25 |
|  SALAD <small>HEALTHY CHOICES</small> | Egg Salad Sandwich On WW | \$ 4.25 |
| | Ham & Cheese on WW | \$ 4.25 |
| | Chicken Caesar Wrap on WW | \$ 5.75 |
| | Garden Salad | \$ 4.50 |
|  PIZZA <small>HELP CHOOSE</small> | Caesar Salad | \$ 4.50 |
| | Entrée Chicken Caesar | \$ 7.75 |
| | Tomato Basil Pasta Salad | \$ 4.50 |
| | Pizza Slice | \$ 4.25 |
| | Garlic Fingers | \$ 4.50 |
| | Panzarotti | \$ 6.00 |

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|  GRAB & GO <small>QUICK CHOICES</small> | Baked Tortillas and Salsa | \$ 2.75 |
| | Veggies and Dip with Hummus | \$ 3.65 |
| | Veggies and Dip with Ranch | \$ 3.00 |
| | Cheese, Grapes and Crackers | \$ 3.95 |
| | Apple Wedges with Honey Yogurt Dip | \$ 3.00 |
| | Fresh Fruit Parfait | \$ 4.50 |
|  GRAB & GO <small>QUICK CHOICES</small> | Local Apples | \$ 1.50 |
| | Bananas | \$ 1.50 |
| | Fresh Grapes | \$ 3.50 |
| | Fruit Smoothie | \$ 3.50 |
| | Greek Yogurt | \$ 2.00 |
| | Small Milk | \$ 0.40 |
| | Large Milk | \$ 0.80 |
| | Small Chocolate Milk | \$ 2.00 |
| | Large Chocolate Milk | \$ 3.00 |
| | 500ml Water Nestle | \$ 1.75 |
|  BAKERY <small>HAVE A BITE</small> | 591ml Water Aquafina/Dasani | \$ 2.25 |
| | Can Juice | \$ 2.00 |
| | Sparkling Can Water | \$ 2.00 |
| | Large Juice | \$ 3.25 |
| | Tropicana Juice | \$ 3.25 |
| | 1oz Cookie | \$ 0.85 |
| | 2oz Cookie | \$ 1.30 |
| Fresh Baked Muffin | \$ 1.75 | |
| Reduced Fat Banana Loaf | \$ 1.75 | |
| Oatmeal Berry Loaf | \$ 1.75 | |
| Cinnamon Buns | \$ 1.75 | |
| Squares | \$ 1.60 | |