




# High School Lunch

**Lunch Prices:**  
 Lunch Reduced \$0.25  
 Lunch Paid \$2.20  
 Adult Lunch \$3.50



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 <b>Labor Day</b> 	7 Vegetarian Mozzarella Sticks with Marinara Sauce Green Beans	8 Beef Burrito Fiesta Rice Broccoli and Cauliflower Blend	9 <b>School Holiday</b>	10 Twin Beef Tacos with Lettuce, Tomatoes and Shredded Cheese Southwestern Corn
13 Popcorn Chicken with Dipping Sauce Mixed Vegetables	14 Grilled Ham, Turkey and Cheese Orange Glazed Carrots	15 Sloppy Joe Melt on Bun Garden Salad with Tomatoes and Cucumbers	16 Crunchy Chicken Parmesan Sand. Spring Mix Veggies or Side Salad	17 Beef Nachos served over Tostitos with Lettuce, Tomatoes and Cheese Buttery Corn
20 fuel Honey Mustard Ranch Chicken Sandwich Steamed Broccoli and Cauliflower	21 fuel Cajun Chicken Sandwich Ginger Glazed Buttery Carrots	22 fuel Asian Burger Cucumber Salad (Cucumbers, Onions and Thousand Island Dressing)	23 fuel Pizza Burger Steamed Wax Cut Beans	24 Beef Burrito Seasoned Beef, beans, rice and melted Cheese Southwestern Corn
27 Chicken Fingers Three Bean Salad (Garbanzo, Green and Kidney Beans)	28 Veggie Quesadilla Spanish Rice Southwestern Vegetables	29 Oven Baked Breaded Chicken Tossed Salad with Tomatoes, Peppers and Cucumbers	30 Meatball Sub with Cheese and Sauce Roasted Potato Wedges	

**Available Daily:**  
 \*Variety Seasonal Fresh Fruit or Cupped Fruit Available with all Meals.  
 \*Side Salads

**\*Selection of Assorted Breads is available Daily with Every Meal**  
 \*1% Milk, 2% Milk, Low Fat Chocolate and Strawberry Milk

**BUILD A MEAL**

Choose an Entree  
 + Take a Fruit  
 + Take a Vegetable  
 Fresh fruits and veggies.  
 + Grab a Milk  
 Low fat, Choc, and Skim

**Fuel This Month:**

**BURGER TIME!**

This month, FUEL gives you the opportunity to try fun, creative Burgers, different from the typical burger, such as: Pizza Burger, Honey Mustard Ranch Chicken Sand., Cajun Chicken Sandwich and Asian Burger.

**Please Be Advised:**  
 Last year's Free and Reduced applications are effective until a current year application is received OR September 30<sup>th</sup>, whichever occurs first. As of October 1<sup>st</sup>, students must have a new approved application on file or pay for meals.

Vegetarian Selections Available Daily  
 Cold Vegetables Available Daily  
 \*Assortment of Bread Available Daily

**Daily Alternatives**  
 Pb&J on Wheat  
 Cheese Sand. on Wheat

\*Menus are subject to change without notice

# Daily Selections



**Deli  
Grab n Go**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Ham Chef Salad</b> Strips of Ham and Cheese Served on top of Mixed Greens	<b>Turkey Chef Salad</b> Strips of Turkey and Cheese Served on top of Mixed Greens	<b>Chicken Caesar</b> Strips of Chicken and Cheese topped with Parmesan Cheese	<b>Egg Salad Platter</b> Egg Crumbles with Light Mayo mixed with Celery and Spices on top of Mixed Greens	<b>Turkey Salad Platter</b> Homemade Turkey Salad served with Tomatoes and Cucumbers on Top of Mixed Greens

**Exhibition  
Station**

<b>Salad Bar</b> Made to Order Salad Bar.	<b>Stir Fry Station</b> Chicken or Veggies over Rice with General's Tso or Sweet & Sour Sauce	<b>Pasta Bar</b> Whole Wheat Rotini, Chicken Strips or Meatballs Marinara or Alfredo Sauce	<b>Quesadilla Station</b> Chicken or Veggies served with a Side of Rice	<b>Carving Station</b> Glazed Ham or Roasted Turkey with a Side of Roasted Potatoes or Glazed Carrots
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**Pizza**



**Pizza Pizza**  
 Delicious homemade Pizza available daily!!  
 Made with fresh mozzarella cheese & seasoned tomato sauce



Three Cheese Pizza	Sausage Pizza	Buffalo Chicken Pizza	Taco Pizza	Meat Lovers Pizza
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**Grill  
Grab n Go**

**Available Everyday Fresh !**  
 Burgers, Cheeseburgers  
 Chicken Patties  
 Veggie Burgers  
 All Beef Hot Dogs

**Breakfast**

*Assortment of Sandwiches Available Daily  
 (3 Different Sandwiches Daily)*  
 Built within *Biscuits, Bagels* and *English Muffins* and filled with *Breakfast Meats* and *Cheeses* all are wrapped and ready to go.  
**Grab one and get to class!**

**ASSORTED BAGELS**  
 Slice, Toast and Top Your way.....everyday  
 Cream Cheese, Jelly, Butter  
 Substitute Available Daily

**ASSORTED CEREAL**  
 Assorted Cold Cereal with Choices of Milk Available Daily  
 Hot Oatmeal Available Daily

\*Fruit Platters Available Daily.  
 \*Yogurts Available Daily

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