

# Sept 2023 High School



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	4	5	6	7	8
<b>ENTRÉE</b>		WG Bagel with Fresh Fruit Breaded Popcorn Chicken Confettie Brown Rice Turkey & Cheese Wrap with Lett	LF Yogurt & Fresh Fruit Creamy Chicken Pesto over wg pasta Pulled Chicken Caesar Wrap Creamy Pesto Pasta with White Beans & Veg Grilled Chicken with GF Pasta & Sauce	WG Pancakes, Syrup & Orange Arroz Con Pollo Chef Salad turkey, cheese & egg Spanish Rice with Beans Shredded Chicken, rice & Bean Burrito	WG Blueberry Muffin & Fruit Meatball Parmesan, WG Pasta Buffalo Popcorn Chicken Wrap Lentil Bolognese over WG Pasta Chicken with red sauce & GF Pasta
<b>COLD</b>					
<b>VEGETARIAN</b>	Labor Day	Chilled Sesame & Edamame Noodles BBQ Chicken w/Confettie Rice			
<b>ALLERGY MEAL</b>					
<b>BREAKFAST</b>	11	12	13	14	15
<b>ENTRÉE</b>	Cereal Bowl, Graham & Fresh Fruit Cilantro Lime Chicken w/ Brown rice BBQ Chicken & cheddar wrap	WG Corn Muffin loaf /Peaches BBQ Pulled Pork with a roll Ham & Cheese Hoagie	WG Bagel with Fresh Fruit Mediterranean Chicken with Tomatoes & farro Ranch Tuna wrap with lettuce Farro with Feta, Kidney Beans, (EF) tomato & black olives Mediterranean Chicken with Tomatoes & farro	WG Breakfast Bar & fruit Sesame Asian Chicken & Noodles with Black beans Turkey & Swiss Sand with lett Sesame Asian Noodles with Tofu & Black beans Asian Chicken, Rice Noodles & black beans	Maple Pancakes, syrup & Pears Chef Nick's WG French Bread Pizza Garden salad with sliced chicken Chef Nick's WG French Bread Pizza White Bean Marinara with GF Pasta
<b>COLD</b>					
<b>VEGETARIAN</b>	Mexican Spice Black Beans & Cheddar	Refried Bean, Cheddar buritto			
<b>ALLERGY MEAL</b>	Cilantro Lime Chicken	Mesquite Chicken Rice Bowl			
<b>BREAKFAST</b>	18	19	20	21	22
<b>ENTRÉE</b>	Cereal Bowl, Graham & Fresh Fruit Country Style meatloaf with gravy Vegetarian Pot Pie with White Beans	WG Bagel with Fresh Fruit Creamy Chili Mac Mac & Cheese Creamy GF pasta with black beans & Corn	WG Breakfast Bar & Fresh Fruit Turkey Taco with Cheddar Pico, Lettuce & Tortilla Bean & Cheese Burrito (EF) Turkey Taco with corn tortilla	WG Pancakes, Syrup & Orange General Tsu Chicken with Brown Rice General Tsu Tofu & Black Beans NON brd General Tsu Chicken & Wg Rice	WG Cornbread Loaf & Pears Homestyle Lasagna with Cheese Homestyle Lasagna with Cheese Roast Turkey, Sauce, Br Rice & Veg
<b>COLD</b>					
<b>VEGETARIAN</b>					
<b>ALLERGY MEAL</b>	Rst Turkey with gravy & rice				
<b>BREAKFAST</b>	25	26	27	28	29
<b>ENTRÉE</b>	Cereal Bowl, Graham & Fresh Fruit Teriyaki Pork & Turkey meatballs Vegetarian pot stickers GF pasta with meat sauce	Wheat Bagel, jelly & Peaches Hoisin Chicken Stir Fry & Fried Rice Hoisin Tofu & Black Bean Stir Fry Chicken Stir Fry & Fried Rice	Hard Boiled Egg & Fresh Fruit Chicken & Cheese Quesadilla Cheese & Veg quesadilla Chicken & rice buritto on corn tortilla	WG Cereal Bown, Graham & Fresh Fruit Chicken Gyro, tom, dip & pita Hummus Gryo with tom, dip & pita Grilled Chicken with rice	Maple Pancakes, syrup & Fresh Fruit Chef Nick's French Bread Pizza (EF) Chef Nick's French Bread Pizza (EF) Sweet & Sour Chicken with Brown Rice
<b>COLD</b>					
<b>VEGETARIAN</b>					
<b>ALLERGY MEAL</b>					

Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.

Types of assorted veggies	Types of assorted veggies	Types of fruit	Daily milk offering
Mexicali Corn	Fajita Blend	Fresh Apple	Fat Free Chocolate
Green Beans	Stir Fry Blend	Fresh Orange	1% Low Fat Milk
Green Peas	Fresh Broccoli	Fresh Banana	
Sweet kernel corn	Fresh Zucchini	Fresh Melon	
Southwestern corn	Fresh Carrots	Mandarin Oranges	
Southwestern Black Beans	Fresh Sweet Potato	Diced Pineapple	
Italian Green Beans	Fresh Butternut Squash	Diced pears	
Mixed Vegetables	Fresh Pico	Diced Peaches	
Roasted Chic Peas	Baby Carrots	Apple Sauce	
Curried Chic Peas	Seasonal Fresh Vegetable	100% Juice	

*Sourced locally when available*