

# High School

## Menu



*The school meal program uses a computerized meal system.*

*Each student at the high school has an established account. Payments can be directly deposited into a student's specific account. Payments may be made with cash, check, or the PayPal program using a credit card. The student ID card will be utilized to access the account with each cashier. Food purchases will be deducted on a daily basis. Credits for students eligible for free and reduced meal benefits will be in the account if applications have been processed.*

*Cash is accepted in all meal lines. Wait time in line can be greatly reduced with prepayments.*

Federal regulations prohibit discrimination on the grounds of race, color, national origin, sex, age, or disability.

## Breakfast

**Monday: 7:45—8:25 am**

**Tuesday—Friday: 7:20—7:55 am**

Choose one of the following entrees and one to two different sides. Side choices may include: Fresh or Canned Fruit, Small 100% Juice, Small Milk.

### Cereal

Cheerios, Honey Nut Cheerios, or Cinnamon Toast Crunch in the larger cup size.

### Jumbo Muffin

An assortment of reduced fat Otis Spunkmeyer muffins.

### Bagel & Cream Cheese

Blueberry or Wheat Bagel. Plain or Strawberry Cream Cheese.

### Cereal Bar

Rice Krispy Treat, Trix, Cinnamon Toast Crunch, or Granola Bar.

### Breakfast Sandwich

Breakfast Burrito, Sausage Biscuit, Egg & Cheese Biscuit

### Daily Breakfast Special

Check the menu board for the daily special. May include biscuits & gravy, scrambled eggs w/sausage and toast, pancakes, and more.

**PLEASE HAVE YOUR  
STUDENT ID CARD  
READY TO SCAN AT THE  
CASHIER!**



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# MENU

## Breakfast — Lunch



**Food Choices for Healthy Tomorrows**

## Light Fare

### Soups — Salads — Sandwiches

Choose one of the following entrees and two to four different sides. Side choices may include: (1) Breadstick, (4 pkg) Crackers, Cup of Soup, Side Salad, Fresh or Canned Fruit, Small Milk, or Small 100% Juice.

#### Soup

Steaming Bowl of Chicken Noodle or Soup of the Day

#### Chef Salad

Fresh lettuce mixed with ham or turkey, cheese, egg, tomato, cucumber, and green pepper. Served with your choice of dressing.

#### Grilled Chicken Salad

Fresh lettuce mixed with grilled chicken pieces. Served with your choice of dressing.

#### Yogurt Parfait

Sweetened low-fat yogurt layered with an assortment of seasonal fresh fruit, and topped with a sprinkling of granola.

#### Grilled Chicken Caesar Wrap

Grilled chicken pieces tossed with Caesar salad and rolled in a gourmet tortilla wrap.

#### Classic Peanut Butter & Jelly

Make your own PB&J on wheat bread.

#### Turkey & Ham Sandwich

Thin slices of deli turkey and ham layered onto 7-grain bread. Toppings available on the condiment table.

#### Sandwich Special of the Week

Guaranteed to be a winner! Check the menu board.

## Pasta Mia

### Pizza — Pasta

Choose one of the following entrees and two to four different sides. Side choices may include: (1) Breadstick, (4 pkg) Crackers, Side Salad, Fresh or Canned Fruit, Small Milk or Small 100% Juice, Dessert.

#### Pasta

Freshly prepared pasta. Monday, Wednesday, Friday choose from rotini pasta. Tuesday, Thursday choose from spaghetti pasta. Toppings include choice of Marinara, Meat, or Alfredo sauces.

#### Cheese Pizza

Our own in-house pizza made fresh daily.

#### Pizza Special of the Day

May include pepperoni, Italian sausage, sausage, hamburger, or meat lovers. Be sure to check the menu board for the pizza special of the day.

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**PLEASE HAVE YOUR STUDENT  
ID CARD READY TO SCAN AT  
THE CASHIER**

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## Asian Station

### Hot Asian Rice Bowls

Choose one of the following entrees and two to four different sides. Side choices may include: Side Salad, Mini Egg Roll, Fresh or Canned Fruit, Small Milk or 100% Juice, Fortune Cookie.

#### Chicken Teriyaki Rice Bowl

Steaming hot rice topped with chicken, vegetables, and teriyaki sauce.

#### Orange Chicken Rice Bowl

Steaming hot rice topped with chicken, vegetables, and orange sauce.

## Main Line

### Homestyle Favorites

Choose one of the following entrees and two to four different sides. Side choices may include: Side Salad, Vegetable of the Day, Small French Fry, Fresh or Canned Fruit, Small Milk or 100% Juice, Dessert.

#### Hamburger or Cheeseburger

Hot off the grill and served on a wheat bun with your choice of toppings.

#### Veggie Burger

Garden burger served on a wheat bun with your choice of toppings.

#### Chicken Sandwich

Breaded chicken patty served on a wheat bun with your choice of toppings.

#### Special of the Day

Check the menu board for the daily special. It may include chicken fried steak, tacos, burritos, macaroni & cheese, pot pie, chicken nuggets, turkey, and more.

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## Snack Bar

**The Snack Bar is a cash only line. All items are priced individually. Free and reduced meal benefits do not qualify in the Snack Bar under federal regulations.**

Baked Chips

Cereal Bars

Cookies

Ice Cream

Muffins

Cereal

Beverages