## December 2013 High School Menus



Breakfast \$1.45 Reduced Breakfast \$.30 Visitor Breakfast \$1.90 Extra Milk \$.35 Lunch \$2.35 Reduced Lunch \$.40 Visitor Lunch \$3.30

Select at least 3 items. One must be \$fruit or \$\text{\text{options}}\$  Week1 (1229)  **Breakfast prizes**  **	Monday	Tuesday	Wednesday	Thursday	Friday	
breakfast grains are whole grain rich. • Juice, • Fruit and • milk offered daily.  • Breakfast Buzar*  • Reeakfast Burrito* • Sausage Biscuit* • Cancolate Chip Waffle • Pancakes  • Egg & Cheese in Pitar  • Sausage Biscuit* • Checke 2 (127, 127/16) • Pancakes  • Egg & Cheese in Pitar  • Sausage Biscuit* • Checke 2 (127, 127/16) • Pancakes  • Sausage Biscuit* • Checke 2 (127, 127/16) • Pancakes  • Sausage Biscuit* • Checke 2 (127, 127/16) • Pancakes  • Sausage Biscuit* • Checke 2 (127, 127/16) • Pancakes  • Sausage Biscuit* • Checke 2 (127, 127/16) • Pancakes  • Sausage Biscuit* • Checke 2 (127, 127/16) • Pancakes  • Pancake		V	/eekly Breakfast Option	ns		
Week 2 (12/2) (21/2) (	• · · · · · · · · · · · · · · · · · · ·					
Breakfast Burritor     Parcakes      Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and fat free flavored smilk is offered daily. We cannot guarantee all menu choices will be available for all students.  Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and fat free flavored smilk is offered daily. We cannot guarantee all menu choices will be available for all students.  Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and fat free flavored smilk is offered daily. We cannot guarantee all menu choices will be available for all students.  Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and fat free flavored smilk is offered daily. We cannot guarantee all menu choices will be available for all students.  Soft Taco Burger  Soft Taco 4  Soft Taco 5  Soft Taco 4  Soft Taco 5  Soft Taco 4  Soft Taco 4  Soft Taco 5  Soft Taco 4  Soft Taco 5  Soft Taco 4  Soft Taco 5  Soft Taco						
Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and fat free fleavored **milks offered daily. We cannot guarantee all menu choices will be available for all students.  **Delivery Pizza#* swarety of topings including vegetarian and pork  **Poptorn Shrimp**  **Poptorn Shrimp**  **Poptorn Shrimp**  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including vegetarian and pork  **Polivery Pizza#* swarety of topings including	Week 1 (12/9)					
Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and fat free flavored **milk is offered daily. We cannot guarantee all menu choices will be available for all students.  2	● Breakfast Pizza~	● Breakfast Burrito~	<ul><li>Sausage Biscuit~</li></ul>	Maple Waffle	French Toast Sticks	
Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and flat free flavored \$\frac{\text{milk is offered daily}}{2}\$. We cannot guarantee all menu choices will be available for all students.  \$\frac{\text{0}}{\text{0}} \text{0} 0	Week 2 (12/2, 12/16)					
Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 13% and fat free flavored @milk is offered daily. We cannot guarantee all menu choices will be available for all students.  ### Option of toppings including vegetarian and pork	Pancakes	● Egg & Cheese in Pita~	<ul><li>Sausage Biscuit~</li></ul>	Chocolate Chip Waffle	●●Breakfast Bites~	
the week each week. 1% and fat free flavored @milk is offered daily. We cannot guarantee all menu choices will be available for all students.  # Obelivery Pizza#			Lunch Options			
● Polivery Pizza# #Variety of toppings including vegetarian and pork ● Pop Corn Shrimp  ■ Potato Wedges ■ Potato Wedges ■ Potato Puffs ■ Spicy Chicken on Bun Warnety of toppings including vegetarian and pork ■ Polivery Pizza# #Variety of toppings including vegetarian and pork ■ Polivery Pizza# #Variety of toppings including vegetarian and pork ■ Polivery Pizza# #Variety of toppings including vegetarian and pork ■ Polivery Pizza# #Variety of toppings including vegetarian and pork ■ Polivery Pizza# #Variety of toppings including vegetarian and pork ■ Pop Corn Shrimp ■ Potato Puffs ■ Buffalo Chicken on Bun warnety of toppings including vegetarian and pork ■ Pop Corn Shrimp ■ Potato Puffs ■ Buffalo Chicken on Bun warnety of toppings ■ Pop Corn Shrimp ■ Potato Puffs ■ Baked Potato ■ Sloppy Joe on Bun warners and pork ■ Pop Corn Shrimp ■ Potato Puffs ■ Baked Potato ■ Chicken Nuggets ■ C	Select 3 to 5 components ar	nd one must be fruit or vegeta	ble. Fruit and vegetable opti	ons are listed below and are	served on the same day of	
Buffalo Chicken on Bun	the week each week. 1% an	d fat free flavored •milk is of	fered daily. We cannot guara	antee all menu choices will be	e available for all students.	
#Warety of toppings including wegetarian and pork	2	3	4	5	6	
oPopcorn Shrimp  OPotato Wedges OPopcorn Shrimp OPotato Wedges OPopcorn Shrimp OPotato Wedges OPopcorn Shrimp OPotato Puffs OPo		<ul><li>Buffalo Chicken on Bun</li></ul>	<ul><li>Soft Taco</li></ul>	<ul><li>Chicken Nuggets</li></ul>	Cheeseburger on Bun	
Potato Wedges Poptorn Shrimp Potato Wedges Baked Fries Pobelivery Pizza# Wariety of toppings including vegetarian and pork Potato Pizza# Wariety of toppings including vegetarian and pork Poptorn Shrimp Potato Puffs Potato Puffs Potato Wedges Potato Potato Puffs P		<ul><li>Corndog</li></ul>	<ul><li>Taco Burger</li></ul>			
● Popcorn Shrimp  ● Potato Wedges  ● Spicy Chicken on Bun  #Variety of toppings including vegetarian and pork  ● Delivery Pizza# #Wariety of toppings including vegetarian and pork  ● Delivery Pizza# #Wariety of toppings including vegetarian and pork  ● Delivery Pizza# #Wariety of toppings including vegetarian and pork  ● Popcorn Shrimp  ● Potato Puffs  ● Buffalo Chicken on Bun  ● Spicy Chicken on Bun  ● BBQ Rib Sandwich  ● BBQ Turkey Sliders  ● Golden Corn  ● Potato Puffs  ● Popcorn Shrimp  ● Potato Puffs  ● Baked Potato  ■ Sloppy Joe on Bun  ● Popcorn Shrimp  ● Popcorn Shrimp  ● Potato Puffs  ● Baked Potato  ■ Sloppy Joe on Bun  ● Popcorn Shrimp  ● Potato Puffs  ● Baked Potato  ■ Baked Potato  ■ Baked Potato  ■ Green Beans  ■ Chicken Nuggets  ● Country Beef Steak  Nonteaching Duty Day  Nonteaching Duty Day  ■ Office Solon String Cheese* & Fish Crackers, ● Turkey Chef Salad, ● Chocolate Chip Cookie  ● Spinach Dip ● Sandwich Toppings ● Sandwich Toppings ● Sandwich Toppings ● Pineapple Tidbits ● Pineapple Tidbits ● Pineapple Tidbits ● Pineapple Tidbits ● Pineapple Tidbit						
Delivery Pizza# #	•		<ul><li>Tortilla Chips</li></ul>	•Green Peas		
Spicy Chicken on Bun		•			Potato Puffs	
#Wariety of toppings including vegetarian and pork  Delivery Pizza# #Variety of toppings including vegetarian and pork  Potato Puffs  Baked Potato  Ocheese Stuffed Breadsticks^ & Marinara Sauce ports of Salad Potato  Potato Puffs  Potato Puffs  Baked Potato  Sloppy Joe on Bun  Sloppy Joe on Bun  Potato Puffs  Baked Potato  Sloppy Joe on Bun  Sloppy Joe Ochecase Selfied  Sloppy Joe on Bun  S	-					
including vegetarian and pork  Bun  Bun  Bun  Bun  Bun  Bun  Bun  Bu				00	_	
Pork  Baked Fries  Baked Fries  Baked Potato  Bornation  Baked Potato  Baked Beans  Berocoli & Cheese  B			BBQ Turkey Sliders	Steak Fingers	●●Ham & Cheese Pocket~	
Baked Pries  Baked Potato  Breadsticks^ & Marinara Sauce  Potato Puffs  Baked Potato  Breadsticks^ & Marinara Sauce  Potato Puffs  Baked Potato  Breadsticks & Marinara Sauce  Potato Puffs  Baked Potato  Breadsticks & Marinara Sauce  Potato Puffs   Breadsticks & Marinara Sauce  Potato Puffs  Breadsticks & Marinara Sauce  Potato Puffs  Breadsticks & Marinara Sauce  Potato Puffs  Breadsticks & Marinara Sauce  Potato Puffs   Breadsticks & Breadsticks & Countary String Cheese & Fish Crackers, Pish Crackers, Puffs   Breadsticks & Breadsticks & Countary String Cheese A Fish Crackers, Puffs   Breadsticks & B		Bun				
Daily Entrée Choices  Popcorn Shrimp  Potato Puffs  Baked Potato  Daily Entrée Choices  Pizza, Turkey Deli Sandwich, Ham Deli Sandwich, Pizza Pi	pork			• Goldon Corn	_	
● Delivery Pizza# #Variety of toppings including vegetarian and pork ● Popcorn Shrimp ● Potato Puffs ● Baked Potato  Daily Entrée Choices  ● Pizza, ● Turkey Deli Sandwich, ● ● Ham Deli Sandwich", ● PB Sandwich Notracking Duty Day ● Pizza, ● Turkey Deli Sandwich, ● ● Ham Deli Sandwich", ● PB Sandwich Notracking Cheese A Fish Crackers, ● Turkey Chef Salad, ● Choices  ● Broccoli & Cauliflower Salad ● Baked Beans ● Baked Beans ● Lettuce & Tomato ● Sandwich Toppings ● Sinced Pears ● Fresh Fruit ● Pizza, ● Protein ● Fruit ● Vegetable ● Milk  ● Mariety of toppings ● Pizza, ● Turkey Deli Sandwich Toppings ● Baked Beans ● Lettuce & Tomato ● Sandwich Toppings ● Sinced Pears ● Fresh Fruit ● Pineapple Tidbits ● Fresh Fruit ● Portal Putting Protein ● Fruit ● Vegetable ● Milk  ■ Mariety of toppings ● Applesauce ● Fresh Fruit ● Fresh Fruit ● Fresh Fruit ● Protein ● Fruit ● Vegetable ● Milk  ■ Chicken Nuggets ● Country Beef Steak Nonteaching Duty Day	16					
#Variety of toppings including vegetarian and pork Popcorn Shrimp Potato Puffs Baked Potato Pizza, Turkey Deli Sandwich, Ham Deli Sandwich, Pita, Popcorn Shrimg Pizza, Turkey Deli Sandwich, Ham Deli Sandwich, Pita, Poputr's String Cheese Hith Crackers, Turkey Chef Salad, Chocolate Chip Cookie Broccoli & Cauliflower Salad Garden Salad Garden Salad Garden Salad Lettuce & Tomato Sandwich Toppings Sliced Pears Fresh Fruit Pork Pizza, Menu Subject to Change  Presh Fruit Pork Popcorn Shrimp  Baked Potato  Daily Side Choices  Chocolate Chip Cookie Spinach Dip Broccoli & Cheese Lettuce & Tomato Sandwich Toppings Sliced Pears Fresh Fruit Presh Fruit Presh Fruit Presh Fruit  Nonteaching Duty Day  Purkey Chef Salad, Chocolate Chip Cookie Spinach Dip Broccoli & Cheese Lettuce & Tomato Sandwich Toppings Sliced Pears Sliced Peaches Orange Juice  Presh Fruit  Presh Fruit  Nonteaching Duty Day  Purkey Chef Salad, Outrite Choices  Chocolate Chip Cookie Spinach Dip Broccoli & Cheese Lettuce & Tomato Sandwich Toppings Sandwich Toppings Sandwich Toppings Onative Tomato Sandwich Toppings Sandwich Toppings Onative Tomato Sandwich Toppi					20	
Marinara Sauce  Popcorn Shrimp  Potato Puffs  Baked Potato  Pizza, ● Turkey Deli Sandwich, ● Ham Deli Sandwich <sup>-</sup> , ● PBJ Sandwich <sup>-</sup> , String Cheese <sup>^</sup> & Fish Crackers, ● Turkey Chef Salad, ● Chef Salad <sup>^</sup> , ● Hummus <sup>^</sup> & Pita, ● Yogurt <sup>^</sup> & String Cheese <sup>^</sup> with Pretzel  Paily Side Choices  Broccoli & Cauliflower Salad ● Garden Salad ● Lettuce & Tomato ● Sandwich Toppings ● Pineapple Tidbits ● Siliced Pears ● Presh Fruit  Pork  Presh Fruit  Pork  Pork  Marinara Sauce ● Green Beans  Pogurt <sup>^</sup> & String Cheese <sup>^</sup> & Fish Crackers, ● Turkey Chef Salad, ● Chef Salad, ● String Chese* ● Sandwich Toppings ● Cooked Carrots ● Cooked Ca	•					
Daily Entrée Choices  ● Pizza, ● Turkey Deli Sandwich, ● Ham Deli Sandwich*, ● Pasandwich*, String Cheese* & Fish Crackers, ● Turkey Chef Salad, ● Chef Salad, ● Hummus* & Pita, ● Yogurt* & String Cheese* with Pretzel  Daily Side Choices  ● Broccoli & Cauliflower Salad ● Baked Beans ● Chocolate Chip Cookie ● Spinach Dip ● Broccoli & Cheese ● Lettuce & Tomato ● Sandwich Toppings ● Pineapple Tidbits ● Sandwich Toppings ● Pineapple Tidbits ● Sandwich Toppings ● Piresh Fruit ● Presh Fruit ● Fresh Fruit ●		Sloppy Joe on Buri		Country Beer Steak	Nonteaching Duty Day	
Daily Entrée Choices  ● Pizza, ● Turkey Deli Sandwich, ● ●Ham Deli Sandwich*, ● Pizza, ● Turkey Chef Salad, ● Chef Salad*, ● Hummus* & Pita, ● Yogurt & String Cheese* with Pretzel  Daily Side Choices  ● Broccoli & Cauliflower Salad ● Lettuce & Tomato ● Sandwich Toppings ● Pineapple Tidbits ● Fresh Fruit  ● Sandwich Toppings ● Pineapple Tidbits ● Sandwich Toppings ● Sliced Peaches ● Tresh Fruit ● Fresh Fr			Marinara Sauce		Nonteaching Duty Day	
Daily Entrée Choices  Pizza, Pizza, Turkey Deli Sandwich, Ham Deli Sandwich", PBJ Sandwich", String Cheese* Fish Crackers, Turkey Chef Salad, Cheef Salad, Pockers Salad  Broccoli & Cauliflower Salad  Garden Salad  Lettuce & Tomato Sandwich Toppings Sliced Pears  Fresh Fruit  Presh Fruit  Pr	·	Potato Puffs	Baked Potato	Green Reans		
● Pizza, ● Turkey Deli Sandwich, ● Ham Deli Sandwich*, ● PBJ Sandwich*, String Cheese* & Fish Crackers, ● Turkey Chef Salad, ● ● Chef Salad*, ● ● Hummus* & Pita, ● Yogurt* & String Cheese* with Pretzel    Baccoli & Cauliflower Salad				Green beans		
Broccoli &Cauliflower Salad OF Fresh Carrots Salad OF Garden Salad OF Sandwich Toppings Soliced Pears OF Fresh Fruit  Avegetarian Protein Fruit Vegetable Milk  Ocoked Carrots Ochoccolate Chip Cookie OS Phone Roll Osandwich Toppings Ochec Alertuce & Tomato Osandwich Toppings Ochec Alertuce & Tomato Osandwich Toppings Ochec Alertuce & Tomato Osandwich Toppings Orange Juice  Orange Juice  Online Meal Benefits Application Available at www.nutrition.usd259.org  Online Meal Sonline or by phone  Ocoked Carrots Ochaccolate Chip Cookie Osandwich Protatoes Olettuce & Tomato Osandwich Toppings Orange Juice  Ocoked Carrots Ochaccolate Chip Cookie Osandwich Toppings Osandwich Toppings Orange Juice Orange Juice  Online Meal Benefits Application Available at www.nutrition.usd259.org  Online Meal Benefits Application or by phone	,					
Broccoli &Cauliflower Salad Garden Salad Lettuce & Tomato Sandwich Toppings Siliced Pears Fresh Fruit  Vegetarian Pork Fresh Fruit  Ochocolate Chip Cookie Spinach Dip Broccoli & Cheese Lettuce & Tomato Sandwich Toppings Siliced Peaches Orange Juice  Orange Juice  Chocolate Chip Cookie Spinach Dip Mashed Potatoes Lettuce & Tomato Sandwich Toppings Sandwich Toppings Sandwich Toppings Spinach Topping Spinach Topping Spinach Topping Spinach Topping						
Salad Garden Salad Clettuce & Tomato Sandwich Toppings Sandwich Toppings Sandwich Toppings Soliced Pears Fresh Fruit  Orange Juice  Online Meal Benefits Application Available at www.nutrition.usd259.org  Prepay for School Meals Online or by phone			Daily Side Choices			
● Garden Salad ● Lettuce & Tomato ● Sandwich Toppings ● Pineapple Tidbits ● Fresh Fruit   Vegetarian Pork Menu Subject to Change  e five components for menu planning are: Grains Protein Fruit Vegetable Milk   Helpful Information from our Office to Your Home  Nutrition Services Office 973-2160 www.nutrrition.usd259.org  Prepay for School Meals Online or by phone	<ul><li>Broccoli &amp;Cauliflower</li></ul>	<ul><li>Fresh Carrots</li></ul>	Chocolate Chip Cookie	<ul><li>Dinner Roll</li></ul>	<ul><li>Cooked Carrots</li></ul>	
●Lettuce & Tomato ●Sandwich Toppings ●Pineapple Tidbits ●Fresh Fruit  Vegetarian Protein ● Fruit ● Vegetable ● Milk  Helpful Information from our Office to Your Home  Nutrition Services Office 973-2160 www.nutrition.usd259.org  Prepay for School Meals Online or by phone	Salad	<ul><li>Baked Beans</li></ul>	<ul><li>Spinach Dip</li></ul>	<ul><li>Mashed Potatoes</li></ul>	■Lettuce & Tomato	
Sandwich Toppings Sliced Pears Fresh Fruit  Pineapple Tidbits Sliced Peaches Fresh Fruit  Presh	<ul><li>Garden Salad</li></ul>	<ul><li>Lettuce &amp; Tomato</li></ul>	<ul><li>Broccoli &amp; Cheese</li></ul>	<ul><li>Lettuce &amp; Tomato</li></ul>	<ul><li>Sandwich Toppings</li></ul>	
Sliced Pears Fresh Fruit  Vegetarian  Pork  Menu Subject to Change  e five components for menu planning are: Grains  Protein  Fruit  Vegetable  Milk  Mutrition Services Office 973-2160 www.nutrition.usd259.org  Online Meal Benefits Application Available at www.nutrition.usd259.org	<ul><li>Lettuce &amp; Tomato</li></ul>	<ul><li>Sandwich Toppings</li></ul>	<ul><li>Lettuce &amp; Tomato</li></ul>	<ul><li>Sandwich Toppings</li></ul>	·	
Presh Fruit  NVegetarian Pork Menu Subject to Change  e five components for menu planning are: Grains Protein Fruit Vegetable Milk  Nutrition Services Office 973-2160  www.nutrition.usd259.org  Online Meal Benefits Application Available at www.nutrition.usd259.org  Prepay for School Meals Online or by phone	,, ,		•	''	Fresh Fruit	
AVegetarian Pork Menu Subject to Change  e five components for menu planning are: Grains Protein Fruit Vegetable Milk  Nutrition Services Office 973-2160 www.nutrition.usd259.org  Online Meal Benefits Application Available at www.nutrition.usd259.org  Prepay for School Meals Online or by phone	0.1.000.1.00.1.0	Fresh Fruit				
Helpful Information from our Office to Your Home  Nutrition Services Office 973-2160 www.nutrition.usd259.org  Online Meal Benefits Application Available at www.nutrition.usd259.org  Prepay for School Meals Online or by phone	●Fresh Fruit		Orange Juice	● Fresh Fruit		
Grains Protein Fruit Vegetable Milk  Nutrition Services Office 973-2160  www.nutrition.usd259.org  Online Meal Benefits Application Available at www.nutrition.usd259.org  Prepay for School Meals Online or by phone	^Vegetarian ~Pork ~~Menu Subject to Change					
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