

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

Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Breakfast Options				
Select at least 3 items. One must be ●fruit or ●juice. The below breakfast options will be offered weekly on the day of the week listed. All breakfast grains are whole grain rich. ●Juice, ●fruit and ●milk offered daily.				
Week 1 (12/9) ●● Breakfast Pizza~	●● Breakfast Burrito~	●● Sausage Biscuit~	●● Maple Waffle	●● French Toast Sticks
Week 2 (12/2, 12/16) ●● Pancakes	●● Egg & Cheese in Pita~	●● Sausage Biscuit~	●● Chocolate Chip Waffle	●● Breakfast Bites~
Lunch Options				
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 ●● Delivery Pizza# #Variety of toppings including vegetarian and pork ●● Popcorn Shrimp	3 ●● Buffalo Chicken on Bun ●● Corndog ●● Potato Wedges	4 ●● Soft Taco ●● Taco Burger ●● Tortilla Chips ●● Spicy Beans	5 ●● Chicken Nuggets ●● Green Peas	6 ●● Cheeseburger on Bun ●● Potato Puffs
9 ●● Delivery Pizza# #Variety of toppings including vegetarian and pork	10 ●● Spicy Chicken on Bun ●● Breaded Chicken on Bun ●● Baked Fries	11 ●● BBQ Rib Sandwich ●● BBQ Turkey Sliders ●● Celery Sticks ●● Baked Potato	12 ●● Chicken Nuggets ●● Steak Fingers ●● Golden Corn	13 ●● Cheeseburger on Bun ●● Ham & Cheese Pocket~ ●● Potato Wedges ●● Potato Puffs ^
16 ●● Delivery Pizza# #Variety of toppings including vegetarian and pork ●● Popcorn Shrimp	17 ●● Buffalo Chicken on Bun ●● Sloppy Joe on Bun ●● Potato Puffs	18 ●● Cheese Stuffed Breadsticks^ & Marinara Sauce ●● Baked Potato	19 ●● Chicken Nuggets ●● Country Beef Steak ●● Green Beans	20 Nonteaching Duty Day
Daily Entrée Choices				
●● 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				
Daily Side Choices				
●● Broccoli & Cauliflower Salad ●● Garden Salad ●● Lettuce & Tomato ●● Sandwich Toppings ●● Sliced Pears ●● Fresh Fruit	●● Fresh Carrots ●● Baked Beans ●● Lettuce & Tomato ●● Sandwich Toppings ●● Pineapple Tidbits ●● Fresh Fruit	●● Chocolate Chip Cookie ●● Spinach Dip ●● Broccoli & Cheese ●● Lettuce & Tomato ●● Sandwich Toppings ●● Sliced Peaches ●● Orange Juice	●● Dinner Roll ●● Mashed Potatoes ●● Lettuce & Tomato ●● Sandwich Toppings ●● Applesauce ●● Fresh Strawberries ●● Fresh Fruit	●● Cooked Carrots ●● Lettuce & Tomato ●● Sandwich Toppings ●● Tropical Fruit ●● Fresh Fruit

^Vegetarian ~Pork ~~Menu Subject to Change

The 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.nutrition.usd259.org

Online Meal Benefits Application Available at
www.nutrition.usd259.org

Prepay for School Meals Online or by phone
www.MyPaymentsPlus.com 1-866-736-9007

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