

2018-2019 SOAR High School

Breakfast is \$2.00 Daily • Lunch is \$3.50 Daily

<i>Served the week of:</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/13/18 09/17/18	Banana Bread Fruit Juice & Fresh Fruit	Cereal & Muffin Fruit Cup & Dried Fruit	Mini Breakfast Cluster Fresh Fruit & Fruit Juice	Breakfast Pizza Bagel Sunflower Seed Kernels Dried Fruit & Fruit Cup	Sausage & Cheese Breakfast Sandwich Fresh Fruit & Fruit Juice
10/22/18 12/03/18	Beef-A-Roni with Garlic Breadstick	BBQ Teriyaki Chicken with Brown Rice	Jumbo Corn Dog Spicy Rib-Cut Fries	Turkey & Gravy Bowl with Warm Rolls	Fish Sandwich Lettuce & Pickle Cup
01/28/19 03/04/19	Garden Salad w/ Dressing Cucumber Slices	Celery & Jicama Sticks Fresh Fruit & Fruit Juice	BBQ Beans Fresh Fruit	Peas & Carrots Dried Fruit	Seaside Spuds Baby Carrots w/ Dressing
04/15/19 05/20/19	Fruit Cup & Fresh Fruit	Lemon Cookie	Fruit Cup	Fresh Fruit	Fresh Fruit & Sidekick
08/20/18 09/24/18	Cinnamon Crumb Cake Fruit Juice & Fresh Fruit	French Toast Sticks Fruit Cup & Dried Fruit	Cereal Bar & Yogurt Fresh Fruit & Fruit Juice	PB&J Jamwich Dried Fruit & Fruit Cup	Egg & Cheese Burrito Fresh Fruit & Fruit Juice
10/29/18 12/10/18	Breaded Chicken Strips with Warm Roll	Firecracker Chicken Bowl with Brown Rice	Pizza Croissant Sandwich Tossed Salad w/ Dressing	Cheese Enchiladas Refried Beans	Spicy Chicken Sandwich Lettuce & Pickle Cup
02/04/19 03/11/19	Macaroni & Cheese Seasoned Green Beans	Carrots & Celery Sticks Fruit/Veg Blend Juice	Seasoned Corn Dried Fruit	Celery & Jicama Sticks w/ Ranch Dressing	Garden Salad w/ Dressing Baby Carrots
04/22/19 05/27/19	Baby Carrots Fruit Cup & Fresh Fruit	Fresh Fruit Fruit Cup	Fresh Fruit	Fruit Cup Dried Fruit	Fresh Fruit Fruit Cup
08/27/18 10/01/18	Chocolate Chip Muffin Fruit Juice & Fresh Fruit	Bagel w/ Cream Cheese Fruit Cup & Dried Fruit	Coffee Cake Fresh Fruit & Fruit Juice	Beef Sausage Biscuit Dried Fruit & Fruit Cup	Cereal & Pop Tart Fresh Fruit & Fruit Juice
11/05/18 12/17/18	Pasta Alfredo Bowl Garlic Breadstick	General Tso's Chicken Bowl with Brown Rice	BRUNCH Pizza Bagel	Green Chile & Cheese Flauquito w/ Salsa	Cheeseburger Sliders Seaside Spuds
02/11/19 03/25/19	Steamed Broccoli Baby Carrots	Carrots & Celery Sticks w/ Ranch Dressing	Triangle Tater Fruit/Veg Juice Blend	Pinto & Red Beans Tossed Salad w/ Dressing	Celery & Jicama Sticks Fresh Fruit
04/29/19 06/03/19	Fruit Cup Fresh Fruit	Fresh Fruit Fruit Juice	Fruit Cup Fresh Fruit	Fresh Fruit Dried Fruit	Fruit Cup
09/03/18 10/08/18	Cereal & Cheese Cubes Fruit Juice & Fresh Fruit	Chicken Biscuit Fruit Cup & Dried Fruit	Mini Breakfast Cluster Fresh Fruit & Fruit Juice	Sausage Breakfast Pizza Sunflower Seed Kernels Dried Fruit & Fruit Cup	French Toast Sticks Fresh Fruit & Fruit Juice
11/12/18 01/14/19	Crispy Chicken Filet Sandwich	Teriyaki Beef & Broccoli Bowl with Brown Rice	French Bread Pizza Tossed Salad w/ Dressing	Bean, Cheese and Rice Burrito with Salsa	Jumbo Corn Dog Spicy Rib-Cut Fries
02/18/19 04/01/19	Carrots & Celery Sticks Garden Salad w/ Dressing	Baby Carrots Fruit Juice	Celery Sticks w/ PB Cup Fresh Fruit	Seasoned Corn Celery & Jicama Sticks	Baked Beans Fresh Fruit
05/06/19	Fresh Fruit Dried Fruit	Fresh Fruit Snickerdoodle Cookie	Dried Fruit	Fruit Cup & Fresh Fruit	Fruit Cup
09/10/18 10/15/18	Apple Muffin Top Fruit Juice & Fresh Fruit	Egg & Cheese Taco Fruit Cup & Dried Fruit	Coffee Cake Fresh Fruit & Fruit Juice	PB&J Jamwich Dried Fruit & Fruit Cup	Egg & Cheese Burrito Fresh Fruit & Fruit Juice
11/26/18 01/21/19	Green Chile & Cheese Quesadilla w/ Salsa	Orange Chicken Bowl with Brown Rice	BRUNCH Sunrise Sandwich	Turkey Taco Pocket Chips & Salsa	Bacon Cheeseburger Lettuce & Pickle Cup
02/25/19 04/08/19	Refried Beans Garden Salad w/ Dressing	Baby Carrots w/ Dip Fruit Juice	Pop Tart Triangle Tater	Pinto & Red Beans Celery & Jicama Sticks	Crispy Tater Tots Cherry SideKick
05/13/19	Fresh Fruit & Fruit Cup	Dried Fruit	Fruit/Veg Juice Blend Fresh Fruit & Fruit Cup	Fruit Cup Fresh Fruit	Fresh Fruit Fruit Cup

ALL MEALS INCLUDE CHOICE OF 1% MILK OR NONFAT FLAVORED MILK - MENU SUBJECT TO CHANGE