

# Daily Lunch Choices from the HS Food Court

A complete lunch consists of 5 food groups: grains (part of entrée), protein (part of entrée), fruits, vegetables and milk. Under the National School Lunch Program (NSLP) guidelines, students must choose at least 3 of the 5 food groups and one must be a fruit or vegetable. Students at MHS are offered 2 fruits and 2 vegetables daily.

## South of the Border Meal Deal

- **Tacos** **\*\*FREE**
  - Tortilla Taco Shells
  - Beef or Chicken
- **Taco Salad with Tostito Chips** **\*\*FREE**
- **Walking Tacos w/ Cheese Doritos** **\*\*FREE**
  - Tuesdays Only

## Taste of Italy Meal Deal

- **Pizza** **\*\*FREE**
  - Choice of Cheese or Pepperoni

## Grab-n-Go Grille Meal Deal

### Burger Choices

- **Cheeseburger or Hamburger** **\*\*FREE**  
*Our burgers are made with 100% Seasoned Ground Beef*

## Grab-n-Go Sandwiches & Subs

- **PB & J Sandwich** **\*\*FREE**
- **Deli Subs** **\*\*FREE**
  - Turkey & Cheese
  - Italian (Ham, Salami & Provolone Cheese)

## Grab-n-Go Entrees

Breaded Chicken Sandwich	\$3.10
Spicy Chicken Sandwich	\$3.10
Spicy Black Bean Burger	\$3.10
Chef Salad	\$3.10
Cobb Salad	\$3.10

Enjoy one of these entrees for \$3.10. These items are no longer available as a meal.

## Café Feature Meal Deal

- Daily Rotation of All Time Favorites** **\*\*FREE**
- Cincinnati Chili & Spaghetti
  - Chili Cheese Coney
  - Brunch for Lunch
  - Popcorn Chicken
  - Asian Cuisine w/ Brown Rice

## New Location Learning Commons Café



### Meal Deals Available

- **Hamburgers** **\*\*FREE**
- **Cheeseburger** **\*\*FREE**
- **Cheese/Pepperoni Pizza** **\*\*FREE**
- **Deli Turkey & Cheese Sub** **\*\*FREE**
- **Italian Sub** **\*\*FREE**
- **PB&J Sandwich** **\*\*FREE**

All meal deals come with 2 fruits, 2 vegetables and milk.

Ala Carte Snacks and Beverages will also be available.

- **Second Meals** **\$2.70, \$2.95, \$3.50**
- **Entrees a la carte** **\$2.20, \$2.30**
- **Entrees a la carte** **\$2.85, \$3.10**

**Check out the Kiosk in the large commons by the stairs for fast service!**

**\*\*FREE USDA Waiver: 1 free breakfast meal and 1 free lunch meal daily until December 31, 2020, unless Federal funds are no longer available.**