

Milk Served Daily.		HS Lunch			Menu Subject to Change.
MONDAY-11/24/14	TUESDAY-11/25/14	WEDNESDAY-11/26/14	THURSDAY-11/27/14	FRIDAY-11/28/14	
Play Bowl					
Cajun Grilled Chicken <i>Cajun Brown Rice</i> <i>Cajun BBQ Beans</i> <i>Savory Green Beans</i> <i>Whole Grain Garlic Twist</i>	Beef Taco Filling <i>Queso Cheese Sauce</i> <i>Fiesta Brown Rice</i> <i>Vegetarian Refried Beans</i> <i>Tortilla Chips</i>	No School!	No School!	No School!	
Crust & Stuff					
Thick Crust Pepperoni Pizza Cheese Pizza <i>Baked Crinkle Fries</i>	Bacon Cheeseburger Pizza Ham and Cheese Flatbread Cheese Pizza				
Grab a Stack					
Crispy Chicken Patty Sandwich <i>Baked Crinkle Fries</i> <i>Savory Green Beans</i>	Cheese Filled Breadsticks <i>Marinara Sauce</i> <i>Vegetarian Refried Beans</i>				
Toast Post					
Toasted Chicken & Cheese <i>Baked Crinkle Fries</i> <i>Savory Green Beans</i>	Toasted Turkey & Swiss <i>Vegetarian Refried Beans</i>				
Outtakes					
Turkey BLT Whole Grain Wrap Mixed Greens Salad with Cheese Crispy Chicken Popper Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	Hummus with grapes and pita triangle Mixed Greens Salad with Cheese Buffalo Chicken Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>				
Extra Extra					
<i>Fresh Whole Fruit</i> <i>Fresh Broccoli Florets</i> <i>Carrot & Celery Sticks</i> <i>Good Ol' Potato Salad</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i> <i>Tossed Salad with Italian dressing</i>	<i>Fresh Whole Fruit</i> <i>Carrot & Celery Sticks</i> <i>Fresh Cherry Tomatoes</i> <i>Shredded Lettuce</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i>				

Play Bowl week of December 1-5

	Cheesy Burrito <i>Mexican Rice</i> <i>Mexican Corn</i> <i>Vegetarian Refried Beans</i> <i>Tortilla Chips</i>	Baked Ham <i>Whole Grain Dinner Roll</i> <i>Whole Baked Sweet Potato</i> <i>Savory Green Beans</i>	Hamburger Steak with Gravy <i>Whole Grain Dinner Roll</i> <i>Mashed Potatoes</i> <i>Savory Green Beans</i> <i>Corn on the Cob</i>	Pepperoni Pizza Pasta Bake <i>Whole Grain Garlic Twist</i> <i>Roasted Italian Vegetables</i> <i>Cauliflower Skordalia</i>
Crust & Stuff				
	Buffalo Chicken Flatbread Italian Stromboli Cheese Pizza	Chicken Parmesan Pizza Cheese Pizza <i>Baked Crinkle Fries</i>	Chicken and Ham Aloha Pizza Cheeseburger Flatbread Cheese Pizza	Thick Crust Pepperoni Pizza Cheese Pizza <i>Baked Crinkle Fries</i>
Grab a Stack				
	Cheese Filled Breadsticks <i>Marinara Sauce</i> <i>Mexican Corn</i>	BLT Burger <i>Baked Crinkle Fries</i> <i>Savory Green Beans</i>	Cheese Filled Breadsticks <i>Marinara Sauce</i> <i>Corn on the Cob</i>	Breaded Fish & Cheese Sandwich <i>Baked Crinkle Fries</i> <i>Roasted Italian Vegetables</i>
Toast Post				
	Chicken & Cheese Quesadilla <i>Mexican Corn</i>	Sky High Toasted Cheese Sandwich <i>Baked Crinkle Fries</i> <i>Savory Green Beans</i>	Toasted Turkey Club <i>Mashed Potatoes</i> <i>Corn on the Cob</i>	Toasted Meatball and Provolone <i>Baked Crinkle Fries</i> <i>Roasted Italian Vegetables</i>
Outtakes				
	Buffalo Popcorn Chicken WG Wrap Mixed Greens Salad with Cheese Honey Ginger Chicken Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	Tuna Salad on a WG Bagel Mixed Greens Salad with Cheese Antipasta Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	Ham and Cheese Sandwich Mixed Greens Salad with Cheese Roast Turkey Club Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	Cheddar Ranch Chicken Wrap Mixed Greens Salad with Cheese Grilled Chicken Caesar Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>
Extra Extra				
	<i>Fresh Whole Fruit</i> <i>Sliced Cucumbers</i> <i>Fresh Cherry Tomatoes</i> <i>Shredded Lettuce</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i>	<i>Fresh Whole Fruit</i> <i>Garbanzo Bean Citrus Salad</i> <i>Red and Green Bell Pepper Strips</i> <i>Carrot & Celery Sticks</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i> <i>Fresh Caesar Salad</i>	<i>Fresh Whole Fruit</i> <i>Spinach and Cranberry Salad</i> <i>Carrot & Celery Sticks</i> <i>Fresh Red Seedless Grapes</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i> <i>Tossed Salad with Italian dressing</i>	<i>Fresh Whole Fruit</i> <i>Fresh Cauliflower Florets</i> <i>Fresh Caesar Salad</i> <i>Garbanzo Bean Citrus Salad</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i>

Play Bowl week of December 8-12				
Home-Style Meatloaf <i>Cheddar Mashed Potatoes</i> <i>Whole Grain Dinner Roll</i> <i>Brown Rice</i> <i>Seasoned Corn</i>	Scrambled Eggs with Cheddar Cheese <i>Baked Whole Grain Biscuit</i> <i>Sausage Gravy</i> <i>Hash Brown Patty</i>	Classic Meatballs <i>Whole Grain Spaghetti</i> <i>Seasoned Broccoli</i> <i>Fresh Cinnamon Glazed Carrots</i> <i>Marinara Sauce</i>	Roasted Turkey w/ Turkey Gravy <i>Whole Grain Dinner Roll</i> <i>Peach and Pear Crisp</i> <i>Mashed Potatoes</i> <i>Seasoned Mixed Vegetables</i>	Baked Tortellini <i>Roma Herb Breadstick</i> <i>Seasoned Potato Wedges</i> <i>Seasoned Peas</i>
Crust & Stuff				
Italian Sausage Pizza Thick Crust Pepperoni Pizza Cheese Pizza	Hawaiian Pizza Cheese Pizza <i>Baked Crinkle Fries</i>	Supreme Pizza Thick Crust Pepperoni Pizza Cheese Pizza	Chicken Parmesan Pizza Hamburger Pizza Cheese Pizza	Chicken Bacon Ranch Pizza Cheese Pizza <i>Seasoned Potato Wedges</i>
Grab a Stack				
Spicy Chicken Sandwich <i>Cheddar Mashed Potatoes</i> <i>Seasoned Corn</i>	Classic Hamburger <i>Baked Crinkle Fries</i> <i>Barbecued Baked Beans</i>	Cheese Filled Breadsticks <i>Marinara Sauce</i> <i>Seasoned Broccoli</i>	Ham and Cheese Flatbread <i>Mashed Potatoes</i> <i>Seasoned Mixed Vegetables</i>	Grilled Ranch Chicken Sandwich <i>Seasoned Potato Wedges</i> <i>Seasoned Peas</i>
Toast Post				
Sky High Toasted Cheese Sandwich <i>Cheddar Mashed Potatoes</i> <i>Seasoned Corn</i>	Toasted Egg, Ham & Cheese <i>Baked Crinkle Fries</i> <i>Barbecued Baked Beans</i>	Toasted BBQ Beef and Cheddar <i>Fresh Cinnamon Glazed Carrots</i> <i>Seasoned Broccoli</i>	Philly Steak Flatbread <i>Mashed Potatoes</i> <i>Seasoned Mixed Vegetables</i>	Chicken & Cheese Quesadilla <i>Seasoned Potato Wedges</i> <i>Seasoned Peas</i>
Outtakes				
Turkey Caesar Wrap Mixed Greens Salad with Cheese Crispy Chicken Popper Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	Cheese Sandwich on Whole Grain Mixed Greens Salad with Cheese Roast Turkey Club Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	Ham and Cheese Sandwich Mixed Greens Salad with Cheese Cottage Cheese and Fruit Platter Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	Honey Mustard Ham & Cheddar Wrap Mixed Greens Salad with Cheese Satsuma Cobb Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	Tuna Salad Sandwich Mixed Greens Salad with Cheese Grilled Chicken Caesar Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>
Extra Extra				
<i>Fresh Whole Fruit</i> <i>Fresh Broccoli Florets</i> <i>Carrot & Celery Sticks</i> <i>Good Ol' Potato Salad</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i> <i>Tossed Salad with Italian dressing</i>	<i>Fresh Whole Fruit</i> <i>Sliced Cucumbers</i> <i>Fresh Cherry Tomatoes</i> <i>Shredded Lettuce</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i> <i>Tossed Salad with Italian dressing</i>	<i>Fresh Whole Fruit</i> <i>Spicy Bean Salad</i> <i>Red and Green Bell Pepper Strips</i> <i>Carrot & Celery Sticks</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i> <i>Fresh Caesar Salad</i>	<i>Fresh Whole Fruit</i> <i>Spinach and Cranberry Salad</i> <i>Carrot & Celery Sticks</i> <i>Fresh Red Seedless Grapes</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i> <i>Fresh Broccoli Florets</i>	<i>Fresh Whole Fruit</i> <i>Fresh Cauliflower Florets</i> <i>Fresh Caesar Salad</i> <i>Spicy Bean Salad</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i>

Play Bowl week of December 15-19

Zesty Italian Meat Sauce <i>Whole Grain Spaghetti</i> <i>Whole Grain Garlic Twist</i> <i>Seasoned Cauliflower</i> <i>Savory Green Beans</i>	Beef Macho Nachos <i>Cinnamon Breadstick</i> <i>Mexican Corn</i> <i>Vegetarian Refried Beans</i>	Sweet n Sour Chicken <i>Asian Fried Rice</i> <i>Seasoned Broccoli</i> <i>Sautéed Bell Peppers and Onions</i> <i>Crunchy Asian Topping</i>	Cajun Grilled Chicken <i>Sesame Breadstick</i> <i>New Orleans Dirty Rice</i> <i>Herbed Broccoli & Cauliflower</i> <i>Corn on the Cob</i>	Three Cheese Lasagna <i>Roma Herb Breadstick</i> <i>Roasted Italian Vegetables</i> <i>Seasoned Peas</i> <i>Grated Parmesan Cheese</i>
Crust & Stuff				
Thick Crust Pepperoni Pizza Cheese Pizza <i>Baked Crinkle Fries</i>	Buffalo Chicken Pizza Whole Wheat Cheeseburger Pizza Cheese Pizza	Thick Crust Pepperoni Pizza Cheese Pizza <i>Baked Crinkle Fries</i>	Hamburger Pizza Cheese Pizza <i>Seasoned Potato Wedges</i>	Thick Crust Pepperoni Pizza Spinach & Cheese Calzone Cheese Pizza
Grab a Stack				
Crispy Chicken Patty Sandwich <i>Baked Crinkle Fries</i> <i>Savory Green Beans</i>	Cheese Filled Breadsticks <i>Marinara Sauce</i> <i>Mexican Corn</i>	Whole Grain Turkey Corn Dog <i>Baked Crinkle Fries</i> <i>Seasoned Broccoli</i>	Grilled Chicken Club <i>Seasoned Potato Wedges</i> <i>Corn on the Cob</i>	BBQ Rib-B-Q Sandwich <i>Roasted Italian Vegetables</i> <i>Seasoned Peas</i>
Toast Post				
Toasted Chicken & Cheese <i>Baked Crinkle Fries</i> <i>Savory Green Beans</i>	Chicken & Cheese Quesadilla <i>Mexican Corn</i>	Sicilian Cali Pocket <i>Baked Crinkle Fries</i> <i>Seasoned Broccoli</i>	Spicy Buffalo Ranch Chicken Cheese P <i>Seasoned Potato Wedges</i> <i>Corn on the Cob</i>	Toasted Pepperoni & Cheese <i>Seasoned Potato Wedges</i> <i>Seasoned Peas</i>
Outtakes				
Mediterranean Sandwich with Hummus Mixed Greens Salad with Cheese Mediterranean Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	Triple Decker Turkey Club Mixed Greens Salad with Cheese Mandarin Chicken Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	American Ham & Cheese Sandwich Mixed Greens Salad with Cheese Cottage Cheese and Fruit Platter Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	BBQ Chicken Wrap Mixed Greens Salad with Cheese Monterey Chicken Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	Tuna Salad Sandwich Mixed Greens Salad with Cheese Grilled Chicken Caesar Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>
Extra Extra				
<i>Fresh Whole Fruit</i> <i>Fresh Broccoli Florets</i> <i>Carrot & Celery Sticks</i> <i>Good Ol' Potato Salad</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i> <i>Tossed Salad with Italian dressing</i>	<i>Fresh Whole Fruit</i> <i>Sliced Cucumbers</i> <i>Fresh Cherry Tomatoes</i> <i>Shredded Lettuce</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i> <i>Tossed Salad with Italian dressing</i>	<i>Fresh Whole Fruit</i> <i>Cowboy Caviar w/ a Citrus Twist</i> <i>Red and Green Bell Pepper Strips</i> <i>Carrot & Celery Sticks</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i> <i>Fresh Caesar Salad</i>	<i>Fresh Whole Fruit</i> <i>Spinach and Cranberry Salad</i> <i>Carrot & Celery Sticks</i> <i>Fresh Banana</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i>	<i>Fresh Whole Fruit</i> <i>Fresh Cauliflower Florets</i> <i>Fresh Caesar Salad</i> <i>Cowboy Caviar w/ a Citrus Twist</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i>

Play Bowl week of January 5-9

No School!	Baked Chicken Parmesan <i>Whole Grain Garlic Twist</i> <i>Whole Grain Spaghetti</i> <i>Marinara Sauce</i> <i>Seasoned Carrots</i>	Szechuan Chicken <i>Asian Fried Rice</i> <i>Crunchy Asian Topping</i> <i>Ginger Garlic Broccoli</i> <i>Fortune Cookies, Ind</i>	Puerto Rican Citrus Pork Roast <i>Sesame Breadstick</i> <i>Cuban Yellow Rice</i> <i>Mashed Potatoes</i> <i>Seasoned Mixed Vegetables</i>	Creamy Chicken Broccoli Casserole <i>Peach and Pear Crisp</i> <i>Roasted Italian Vegetables</i> <i>Seasoned Peas and Carrots</i> <i>Grated Parmesan Cheese</i>
Crust & Stuff				
	Sausage Calzone Cheese Pizza <i>Baked Crinkle Fries</i>	Philly Cheese Steak Pizza Italian Sausage Pizza Cheese Pizza	Beef Taco Pizza on Whole Wheat Buffalo Chicken Flatbread Cheese Pizza	Thick Crust Pepperoni Pizza Cheese Pizza <i>Seasoned Potato Wedges</i>
Grab a Stack				
	Turkey Club Burger <i>Baked Crinkle Fries</i> <i>Seasoned Carrots</i>	Cheese Filled Breadsticks <i>Marinara Sauce</i> <i>Ginger Garlic Broccoli</i>	Cheddar Cheeseburger <i>Mashed Potatoes</i> <i>Seasoned Mixed Vegetables</i>	Crispy Chicken Patty Sandwich <i>Seasoned Potato Wedges</i> <i>Seasoned Peas and Carrots</i>
Toast Post				
	Toasted Turkey Reuben <i>Baked Crinkle Fries</i> <i>Seasoned Carrots</i>	Turkey & Cheddar Panini <i>Ginger Garlic Broccoli</i>	Turkey Pepperoni and Cheese Wrap <i>Seasoned Potato Wedges</i> <i>Seasoned Mixed Vegetables</i>	Toasted Triple Cheese <i>Seasoned Potato Wedges</i> <i>Seasoned Peas and Carrots</i>
Outtakes				
	Turkey & American Cheese Sandwich Mixed Greens Salad with Cheese Turkey Bacon Ranch Pasta Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	Hummus with grapes and pita triangle Mixed Greens Salad with Cheese Crispy Chicken Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	Little Italy Whole Grain Wrap Mixed Greens Salad with Cheese BBQ Chicken Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>	Junior Italian Hoagie Mixed Greens Salad with Cheese Grilled Chicken Caesar Salad Chef Salad w/ Ham, Turkey & Cheddar <i>Whole Grain Seasoned Croutons</i> <i>Whole Grain Saltine Crackers</i>
Extra Extra				
	<i>Fresh Whole Fruit</i> <i>Sliced Cucumbers</i> <i>Fresh Cherry Tomatoes</i> <i>Shredded Lettuce</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i>	<i>Fresh Whole Fruit</i> <i>Garbanzo Beans</i> <i>Red and Green Bell Pepper Strips</i> <i>Carrot & Celery Sticks</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i> <i>Fresh Caesar Salad</i>	<i>Fresh Whole Fruit</i> <i>Sliced Cucumbers</i> <i>Carrot & Celery Sticks</i> <i>Fresh Red Seedless Grapes</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i>	<i>Fresh Whole Fruit</i> <i>Fresh Cauliflower Florets</i> <i>Fresh Caesar Salad</i> <i>Garbanzo Beans</i> <i>Assorted Chilled Fruit</i> <i>Assorted Fruit Juice</i>

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