

High School Lunch Menu – Week 1 Monday

Meal Includes: Choice of 1 Entrée, Up to 2 Fruit & Vegetable Sides, Grain (if not included in Entrée), and Milk (flavored, unflavored)
Students **MUST** take at least 1 fruit or vegetable & 2 other Items (Offer vs. Serve)

Entrée	Vegetable Choices	Fruit Choices	Grain Choices	Extras
<u>Pizza Line</u> Sausage & Pep Calzone OR Wild Mike's Cheese Pizza	Baked Beans Shoestring Fries Carrot Sticks Garden Salad	Apple Slices Diced Pears	WG Crust	Hammond Valley Ranch Light Italian Dressing
<u>Comfort Food Line</u> Salisbury Steak	California Blend Vegetables Mashed Potatoes Carrot Sticks Garden Salad	Apple Slices Diced Pears	WG Dinner Roll	Hammond Valley Ranch Light Italian Dressing Margarine Packet Gravy
<u>International Food Line</u> Chicken Parmesan	California Blend Vegetables Carrot Sticks Garden Salad	Apple Slices Diced Pears	½ cup Rotini Noodles 1 WG Breadstick	Hammond Valley Ranch Light Italian Dressing
<u>Grill Line</u> Hot Dog	Baked Beans Shoestring Fries Carrot Sticks Garden Salad	Apple Slices Diced Pears	WG Hotdog Bun	Hammond Valley Ranch Ketchup, Mustard, & Relish Packets
<u>Cold Sandwich Line</u> Turkey Gyro	Baked Beans Shoestring Fries Carrot Sticks Garden Salad	Apple Slices Diced Pears	Flatbread	Hammond Valley Ranch Light Italian Dressing Ketchup Packet Tzatziki Sauce
<u>Salad Line</u> Greek Salad w/Feta & Mozzarella Cheeses	Cherry Tomatoes Carrot Sticks	Apple Slices Diced Pears	2 WG Breadsticks	Hammond Valley Ranch Light Italian Dressing

WG = whole grain

*** Menu Subject to Change Without Notice ***

High School Lunch Menu – Week 1 Tuesday

Meal Includes: Choice of 1 Entrée, Up to 2 Fruit & Vegetable Sides, Grain (if not included in Entrée), and Milk (flavored, unflavored)
 Students **MUST** take at least 1 fruit or vegetable & 2 other Items (Offer vs. Serve)

Entrée	Vegetable Choices	Fruit Choices	Grain Choices	Extras
<u>Pizza Line</u> Beef Taco Pizza OR Cheese Pizza Crunchers	Sweet Potato Fries Baby Carrots Garden Salad	Pineapple Chunks Whole Apple	WG Crust WG Breading	Hammond Valley Ranch Light Italian Dressing Hot Sauce Packet Ketchup Packet
<u>Comfort Food Line</u> Broccoli Cheese Soup with WG Breadsticks	Sweet Potato Fries Baby Carrots Garden Salad	Pineapple Chunks Whole Apple	2 WG Breadsticks	Hammond Valley Ranch Light Italian Dressing Ketchup Packet
<u>International Food Line</u> Beef Spaghetti	Baby Carrots Garden Salad	Pineapple Chunks Whole Apple	Spaghetti Noodles French Bread	Hammond Valley Ranch Light Italian Dressing
<u>Grill Line</u> Cheeseburger	Sweet Potato Fries Baby Carrots Garden Salad	Pineapple Chunks Whole Apple	WG Hamburger Bun	Hammond Valley Ranch Light Italian Dressing Ketchup, Mustard, & Mayo Packets Sliced Pickles
<u>Cold Sandwich Line</u> Turkey & Cheese Sandwich	Sweet Potato Fries Baby Carrots Garden Salad	Pineapple Chunks Whole Apple	WG White Bread	Hammond Valley Ranch Light Italian Dressing Ketchup, Mustard, & Mayo Packets
<u>Salad Line</u> Buffalo Chicken Salad	Baby Carrots Garden Salad	Pineapple Chunks Whole Apple	1 WG Breadstick	Hammond Valley Ranch Light Italian Dressing

WG = whole grain

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High School Lunch Menu – Week 1 Wednesday

Meal Includes: Choice of 1 Entrée, Up to 2 Fruit & Vegetable Sides, Grain (if not included in Entrée), and Milk (flavored, unflavored)
Students **MUST** take at least 1 fruit or vegetable & 2 other Items (Offer vs. Serve)

Entrée	Vegetable Choices	Fruit Choices	Grain Choices	Extras
<u>Pizza Line</u> Wild Mike's Pepperoni Pizza OR Pizza Boli	Broccoli (Garlic OR Raw) Sweet Potato OR Regular Fries Red Pepper Strips Garden Salad	Fruit Cocktail Orange Wedges	WG Crust	Hammond Valley Ranch Light Italian Dressing
<u>Comfort Food Line</u> Chicken Fried Steak	Mashed Potatoes Broccoli (Garlic OR Raw) Red Pepper Strips Garden Salad	Fruit Cocktail Orange Wedges	WG Dinner Roll	Hammond Valley Ranch Light Italian Dressing Gravy
<u>International Food Line</u> Beef Tacos	Refried Beans Pico de Gallo Raw Broccoli Red Pepper Strips Garden Salad	Fruit Cocktail Orange Wedges	WG Tortilla Shell 5 Tortilla Chips	Hammond Valley Ranch Light Italian Dressing Ketchup Packet Salsa & Sour Cream
<u>Grill Line</u> Chicken Sandwich	Broccoli (Garlic OR Raw) Sweet Potato OR Regular Fries Red Pepper Strips Garden Salad	Fruit Cocktail Orange Wedges	WG Hamburger Bun	Hammond Valley Ranch Light Italian Dressing Ketchup, Mustard, & Mayo Packets
<u>Cold Sandwich Line</u> Ham & Cheese Sandwiches	Raw Broccoli Red Pepper Strips Garden Salad	Fruit Cocktail Orange Wedges	2 WG Mini Buns	Hammond Valley Ranch Light Italian Dressing
<u>Salad Line</u> Chicken Caesar Salad	Raw Broccoli Red Pepper Strips	Fruit Cocktail Orange Wedges	2 WG Breadsticks	Hammond Valley Ranch Light Italian Dressing

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High School Lunch Menu – Week 1 Thursday

Meal Includes: Choice of 1 Entrée, Up to 2 Fruit & Vegetable Sides, Grain (if not included in Entrée), and Milk (flavored, unflavored)
Students **MUST** take at least 1 fruit or vegetable & 2 other Items (Offer vs. Serve)

Entrée	Vegetable Choices	Fruit Choices	Grain Choices	Extras
<u>Pizza Line</u> Homemade Cheese Slice OR Homemade Pepperoni Slice	Oven Fries Green Beans Cherry Tomatoes Cucumber Coins Garden Salad	Diced Peaches SideKicks Sorbet	WG Crust	Hammond Valley Ranch Light Italian Dressing
<u>Comfort Food Line</u> Oven Fried Chicken	Mashed Potatoes Green Beans Cherry Tomatoes Cucumber Coins Garden Salad	Diced Peaches SideKicks Sorbet	WG Dinner Roll	Hammond Valley Ranch Light Italian Dressing Margarine Cup Gravy
<u>International Food Line</u> Cheese Ravioli	Green Beans Cherry Tomatoes Cucumber Coins Garden Salad	Diced Peaches SideKicks Sorbet	WG Dinner Roll	Hammond Valley Ranch Light Italian Dressing
<u>Grill Line</u> Pepperoni Calzone	Oven Fries Green Beans Cherry Tomatoes Cucumber Coins Garden Salad	Diced Peaches SideKicks Sorbet	WG Crust	Hammond Valley Ranch Light Italian Dressing Ketchup Packet
<u>Cold Sandwich Line</u> Submarine Sandwich	Cherry Tomatoes Cucumber Coins Garden Salad	Diced Peaches SideKicks Sorbet	WG Sub Bun	Hammond Valley Ranch Light Italian Dressing Mustard Packet Mayo Packet
<u>Salad Line</u> Taco Salad	Cherry Tomatoes Cucumber Coins	Diced Peaches SideKicks Sorbet	WG Tortilla Chips	Hammond Valley Ranch Western Dressing Sour Cream

WG = whole grain

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High School Lunch Menu – Week 1 Friday

Meal Includes: Choice of 1 Entrée, Up to 2 Fruit & Vegetable Sides, Grain (if not included in Entrée), and Milk (flavored, unflavored)
Students **MUST** take at least 1 fruit or vegetable & 2 other Items (Offer vs. Serve)

Entrée	Vegetable Choices	Fruit Choices	Grain Choices	Extras
<u>Pizza Line</u> Bosco Sticks OR BBQ Chicken Pizza	Shoestring Fries California Vegetable Blend Celery Sticks w/Hummus Confetti Bean Salad Garden Salad	Whole Banana Applesauce Cup	WG Crust	Hammond Valley Ranch Ketchup Packet
<u>Comfort Food Line</u> Mesquite Chicken	Red Skin Potatoes California Vegetable Blend Celery Sticks w/Hummus Confetti Bean Salad Garden Salad	Whole Banana Applesauce Cup	WG Corn Bread	Hammond Valley Ranch Light Italian Dressing Margarine Cup Ketchup Packet
<u>International Food Line</u> Korean BBQ Beef	Oriental Vegetables Mix Celery Sticks w/Hummus Confetti Bean Salad Garden Salad	Whole Banana Applesauce Cup	Fried Rice	Hammond Valley Ranch Light Italian Dressing
<u>Grill Line</u> Hot Turkey Ham & Cheese on a Pretzel Bun	Shoestring Fries California Vegetable Blend Celery Sticks w/Hummus Confetti Bean Salad Garden Salad	Whole Banana Applesauce Cup	Pretzel Bun	Hammond Valley Ranch Light Italian Dressing Mustard Packet Mayo Packet
<u>Cold Sandwich Line</u> Spicy Chicken Wrap	Celery Sticks w/Hummus Confetti Bean Salad Garden Salad	Whole Banana Applesauce Cup	WG Tortilla Shell	Hammond Valley Ranch Light Italian Dressing
<u>Salad Line</u> Horchata Yogurt Box	Celery Sticks w/Hummus Confetti Bean Salad Garden Salad	Whole Banana Applesauce Cup	Crunchmania	Hammond Valley Ranch Light Italian Dressing

WG = whole grain

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High School Lunch Menu – Week 2 Monday

Meal Includes: Choice of 1 Entrée, Up to 2 Fruit & Vegetable Sides, Grain (if not included in Entrée), and Milk (flavored, unflavored)
Students **MUST** take at least 1 fruit or vegetable & 2 other Items (Offer vs. Serve)

Entrée	Vegetable Choices	Fruit Choices	Grain Choices	Extras
<u>Pizza Line</u> Sausage & Pep Calzone OR Wild Mike's Cheese Pizza	Shoestring Fries Green Beans Cherry Tomatoes Garden Salad	Diced Pears Orange Wedges	WG Crust	Hammond Valley Ranch Light Italian Dressing
<u>Comfort Food Line</u> Turkey & Gravy on a WG Biscuit	Mashed Potatoes Green Beans Cherry Tomatoes Garden Salad	Diced Pears Orange Wedges	WG Biscuit	Hammond Valley Ranch Light Italian Dressing Gravy
<u>International Food Line</u> Burrito Bake	Green Beans Cherry Tomatoes Garden Salad	Diced Pears Orange Wedges	WG Tortilla Shell Spanish Rice	Hammond Valley Ranch Light Italian Dressing Salsa
<u>Grill Line</u> Chicago Style Hotdog	Shoestring Fries Green Beans Cherry Tomatoes Garden Salad	Diced Pears Orange Wedges	WG Hotdog Bun	Hammond Valley Ranch Light Italian Dressing Ketchup, Mustard Packets Tomato Wedge, Diced Onions, Sports Pepper
<u>Cold Sandwich Line</u> Turkey Gyro	Shoestring Fries Cherry Tomatoes Garden Salad	Diced Pears Orange Wedges	Flatbread	Hammond Valley Ranch Light Italian Dressing Ketchup Packet Tzatziki Sauce
<u>Salad Line</u> Greek Salad with Feta & Mozzarella Cheeses	Cherry Tomatoes Garden Salad	Diced Pears Orange Wedges	2 WG Breadsticks	Hammond Valley Ranch Light Italian Dressing

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High School Lunch Menu – Week 2 Tuesday

Meal Includes: Choice of 1 Entrée, Up to 2 Fruit & Vegetable Sides, Grain (if not included in Entrée), and Milk (flavored, unflavored)
Students **MUST** take at least 1 fruit or vegetable & 2 other Items (Offer vs. Serve)

Entrée	Vegetable Choices	Fruit Choices	Grain Choices	Extras
<u>Pizza Line</u> Garlic Cheese Pizza OR Beef Taco Pizza	Spiral Fries Carrot Sticks Cucumber Coins Garden Salad	Pineapple Chunks Sliced Apples	WG Crust	Hammond Valley Ranch Light Italian Dressing
<u>Comfort Food Line</u> Grilled Cheese & Tomato Soup	Orange Basil Carrots Carrot Sticks Cucumber Coins Garden Salad	Pineapple Chunks Sliced Apples	WG White Bread	Hammond Valley Ranch Light Italian Dressing
<u>International Food Line</u> Beef Lasagna	Orange Basil Carrots Carrot Sticks Cucumber Coins Garden Salad	Pineapple Chunks Sliced Apples	Lasagna Noodles 1 WG Breadstick	Hammond Valley Ranch Light Italian Dressing Ketchup Packet
<u>Grill Line</u> Hamburger	Spiral Fries Orange Basil Carrots Carrot Sticks Cucumber Coins Garden Salad	Pineapple Chunks Sliced Apples	WG Hamburger Bun	Hammond Valley Ranch Light Italian Dressing Ketchup, Mustard, & Mayo Packets
<u>Cold Sandwich Line</u> Turkey & Cheese Sub	Carrot Sticks Cucumber Coins Garden Salad	Pineapple Chunks Sliced Apples	WG Sub Bun	Hammond Valley Ranch Light Italian Dressing
<u>Salad Line</u> Buffalo Chicken Salad	Carrot Sticks Cucumber Coins	Pineapple Chunks Sliced Apples	2 WG Breadsticks	Hammond Valley Ranch Light Italian Dressing

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High School Lunch Menu – Week 2 Wednesday

Meal Includes: Choice of 1 Entrée, Up to 2 Fruit & Vegetable Sides, Grain (if not included in Entrée), and Milk (flavored, unflavored)
Students **MUST** take at least 1 fruit or vegetable & 2 other Items (Offer vs. Serve)

Entrée	Vegetable Choices	Fruit Choices	Grain Choices	Extras
<u>Pizza Line</u> Wild Mike's Pepperoni Pizza OR Pizza Boli	Flame Roasted Sweet Potatoes Garlic or Raw Broccoli Sweet Red Pepper Strips Garden Salad	Diced Peaches Grapes	WG Crust	Hammond Valley Ranch Light Italian Dressing
<u>Comfort Food Line</u> Chicken Tenders	Mashed Potatoes Garlic or Raw Broccoli Sweet Red Pepper Strips Garden Salad	Diced Peaches Grapes	WG Dinner Roll	Hammond Valley Ranch Light Italian Dressing Margarine Cup BBQ Sauce Cup
<u>International Food Line</u> Beef Tacos	Refried Beans Pico do Gallo Sweet Red Pepper Strips Raw Broccoli Garden Salad	Diced Peaches Grapes	WG Tortilla Shell WG Tortilla Chips	Hammond Valley Ranch Light Italian Dressing Sour Cream & Salsa
<u>Grill Line</u> Chicken Chipotle Sandwich With Onion Ring	Flame Roasted Sweet Potatoes Garlic or Raw Broccoli Sweet Red Pepper Strips Garden Salad	Diced Peaches Grapes	WG Hamburger Bun	Hammond Valley Ranch Light Italian Dressing Chipotle Sauce Ketchup Packet Mustard Packet
<u>Cold Sandwich Line</u> Bahn Mi Sandwich	Sweet Red Pepper Strips Raw Broccoli Garden Salad	Diced Peaches Grapes	Flatbread	Hammond Valley Ranch Light Italian Dressing Caesar Dressing
<u>Salad Line</u> Protein Box (Hard Boiled Egg, Turkey Stick, String Cheese)	Sweet Red Pepper Strips Raw Broccoli Garden Salad	Diced Peaches Grapes	2 WG Cheez-It Cracker Pouches	Hammond Valley Ranch Light Italian Dressing

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High School Lunch Menu – Week 2 Thursday

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Students **MUST** take at least 1 fruit or vegetable & 2 other Items (Offer vs. Serve)

Entrée	Vegetable Choices	Fruit Choices	Grain Choices	Extras
<u>Pizza Line</u> Homemade Cheese Slice OR Homemade Pepperoni Slice	Shoestring Fries California Blend Vegetables Celery & Carrot Sticks Garden Salad	Fruit Cocktail Whole Apple	WG Crust	Hammond Valley Ranch Light Italian Dressing
<u>Comfort Food Line</u> WG Macaroni & Cheese	Steamed Peas Celery & Carrot Sticks Garden Salad	Fruit Cocktail Whole Apple	WG Pasta	Hammond Valley Ranch Light Italian Dressing
<u>International Food Line</u> Beef Burrito with Cheese	Refried Beans Celery & Carrot Sticks Garden Salad	Fruit Cocktail Whole Apple	Spanish Rice WG Tortilla Chips	Hammond Valley Ranch Light Italian Dressing
<u>Grill Line</u> Cheese Calzone	Shoestring Fries California Blend Vegetables Celery & Carrot Sticks Garden Salad	Fruit Cocktail Whole Apple	WG Crust	Hammond Valley Ranch Light Italian Dressing Marinara Cup Ketchup Packet
<u>Cold Sandwich Line</u> Submarine Sandwich	Celery Sticks Carrot Sticks	Fruit Cocktail Whole Apple	WG Sub Bun	Hammond Valley Ranch Mustard Packet Mayo Packet
<u>Salad Line</u> Taco Salad	Celery Sticks Carrot Sticks Garden Salad	Fruit Cocktail Whole Apple	WG Tortilla Chips	Hammond Valley Ranch Western Dressing

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High School Lunch Menu – Week 2 Friday

Meal Includes: Choice of 1 Entrée, Up to 2 Fruit & Vegetable Sides, Grain (if not included in Entrée), and Milk (flavored, unflavored)
Students **MUST** take at least 1 fruit or vegetable & 2 other Items (Offer vs. Serve)

Entrée	Vegetable Choices	Fruit Choices	Grain Choices	Extras
<u>Pizza Line</u> Bosco Sticks OR French Bread Pizza	Confetti Bean Salad Shoestring Fries Carrot & Celery w/Hummus Garden Salad	Applesauce Cup Whole Banana	WG White Bread	Hammond Valley Ranch Light Italian Dressing Ketchup Packet
<u>Comfort Food Line</u> Beef & Potato Bowl	Green Beans Mashed Potatoes Celery Sticks w/Hummus Garden Salad	Applesauce Cup Whole Banana	1 WG Breadstick	Hammond Valley Ranch Light Italian Dressing Gravy
<u>International Food Line</u> Asian Thai Sweet Chicken Chili	Confetti Bean Salad Shoestring Fries Carrot & Celery w/Hummus Garden Salad	Applesauce Cup Whole Banana	Chow Mein Noodles WG Breadsticks	Hammond Valley Ranch Light Italian Dressing Ketchup, Mustard, Mayo Packets, Tomato Slice, Pickles, Leaf Lettuce
<u>Grill Line</u> Hot Turkey Ham & Cheese on a Pretzel Bun	Confetti Bean Salad Shoestring Fries Carrot & Celery w/Hummus Garden Salad	Applesauce Cup Whole Banana	WG Sub Bun	Hammond Valley Ranch Light Italian Dressing Ketchup, Mustard, & Mayo Packets
<u>Cold Sandwich Line</u> Spicy Chicken Wrap	Confetti Bean Salad Carrot & Celery w/Hummus Garden Salad	Applesauce Cup Whole Banana	2 WG Breadsticks	Hammond Valley Ranch Light Italian Dressing
<u>Salad Line</u> Grape Uncrustable Sandwich + String Cheese	Confetti Bean Salad Carrot & Celery w/Hummus Garden Salad	Applesauce Cup Whole Banana	WG Crust WG Cheez-It Crackers	Hammond Valley Ranch Light Italian Dressing

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