

# HIGH SCHOOL LUNCH

Walker Quality Services

**BASKETS**

**Salad**  
**Grab n Go**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BASKETS</b>	<u>Yogurt &amp; Cheese Plate</u>	<u>Corn Dog</u>  French Fries Mayo/Ketchup/Mustard	<u>Turkey Sub</u> Deli Salad Baked Chips Mayo, Mustard, Ketchup	<u>Barrito</u> Baked Chips	<u>Chicken Sandwich</u> Fries Mayo, Mustard, Ketchup
<b>Salad</b> <b>Grab n Go</b>	<u>Chef Salad w/cheese</u>	<u>Mandarin Chicken Salad</u>	<u>Chicken Caesar Salad</u>	<u>Beef Taco Salad</u>	<u>Chicken Salad</u>

**Offered Daily**

**All side items from Momma's Line**

Seasonal- Fresh Fruit  
1% White Or Fat Free Flavored Milk  
Garden Salad  
Buttermilk Ranch Dressing

## BASKETS & SALADS

**Fruit Of The Month**

**GRAPEFRUIT**

A Grapefruit is 92 percent water. Eating it is just one way of keeping your body hydrated. This citrus fruit is a great source of vitamin C and vitamin A. Your body needs these vitamins to stay healthy and recover after an illness, such as a cold. Grapefruits can lower blood pressure and bad cholesterol. The grapefruit was created accidentally when a sweet orange was crossed with a pomelo, a large citrus fruit. This hybrid was created in the 1700s in Barbados.



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