


# SEPTEMBER

HIGH SCHOOL

Every lunch includes a choice of milk and a Chef Salad.

Monday	Tuesday	Wednesday	Thursday	Friday
August 31 Asian Bowl or Sandwich or Pizza Oriental Vegetables Side Salad Tropical Pineapple	1 Nachos or Burger Spanish Rice Pinto Beans Homemade Salsa Side Salad Mixed Fruit	2 Spaganza and Garlic Stick or Pizza Seasoned Green Beans Side Salad Fruit Cup	3 Country Bowl with Mashed Potatoes and Seasoned Corn or Popcorn Chicken Bucket or Burger with Fries Hot Roll Side Salad Color-Filled Apple Sauce	4 Cheese Burger or Chicken Sandwich Basket with Fries Side Salad Choice of Fresh Fruit
7 	8 Corn Chip Pie or Crispito Lettuce & Tomato Homemade Salsa Pinto Beans Spanish Rice Fruit Salad	9 Meatball Sub with Chips or Pizza Seasoned Sweet Corn Side Salad Fruit Cup	10 Steak Fingers or Chicken Nuggets with Hot Roll or Burger Mashed Potatoes Steamed Broccoli Side Salad Banana Sundaes	11 Cheese Burger or Chicken Sandwich Basket with Fries or Pizza Side Salad Choice of Fresh Fruit
14 Chicken and Waffles or Pizza Roasted Corn Side Salad Berries & Cream	15 Tacos or Burger Spanish Rice Refried Beans Homemade Salsa Side Salad Fruit Cup	16 Chicken Parmesan with Bread Stick or Pizza Seasoned Vegetables Side Salad Fruit Cup	17 Homemade Hamburger Steak or Baked Chicken w/ Hot Roll or Burger Mashed Potatoes Seasoned Green Beans Side Salad Peach Crisp	18 <p style="font-size: 2em; font-family: cursive;">Enjoy Your Day Off!</p>
21 Asian Bowl or Sandwich or Pizza Oriental Vegetables Side Salad Tropical Pineapple	22 Nachos or Burger Spanish Rice Refried Beans Homemade Salsa Side Salad Rainbow Pears	23 Spagetti with Meat Sauce and Garlic Toast or Pizza Green Beans Side Salad Fruit Cup	24 Country Bowl with Mashed Potatoes and Seasoned Corn or Popcorn Chicken Bucket with Fries Side Salad Hot Roll Color-filled Apple Sauce	25 Chicken Strip Sandwich or Cheese Burger Basket with Fries or Pizza Side Salad Choice of Fresh Fruit

## World Cuisine

### **Mondays- A Tour of Italy**

Popular Italian Dishes with a Salad Bar

### **Tuesdays- Taste of the Orient**

Popular Asian Chicken Options with Fried Rice & Egg Rolls

### **Wednesdays- Go USA!**

Homemade Hamburgers on Homemade Buns with your choice of cheese and toppings!

### **Thursdays- Mexican Flair!**

Create your own Mexican Bowl, Burrito, or Nachos

### **Fridays- Dippin' Strips**

Steak Strips or Chicken Strips – Spicy or Original with Fries and your choice of dipping sauces



An option of Cereal & Toast or Graham Crackers, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are offered daily.

Monday	Tuesday	Wednesday	Thursday	Friday
Muffin & Yogurt or French Toast Sticks	Breakfast Taco or Breakfast Sandwich	Biscuits w/ Sausage or Pancake Wrap	Cinnamon Rolls or Donuts	Breakfast Pizza or Banana Bread

Assistance available in English and Spanish. Please call 877-TEX-MEAL (877-839-6325) for help. In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: [http://www.asc.usda.gov/complaint\\_filing\\_cust.html](http://www.asc.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave, SW, Washington, D.C., 20250-9410. Fax: (202) 690-7442. E-mail: [program.inlake@usda.gov](mailto:program.inlake@usda.gov). This institution is an equal opportunity provider.