

## Secondary -Middle and High School- Menu Fall 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SIDES</b>	<b>DAILY ENTREE CHOICES</b>			
<b>FRESH FRUIT</b>	<b>CHICKEN TENDERS</b>	<b>FRUIT &amp; YOGURT PARFAIT</b>	8/17 Buffalo Chicken Pizza	8/18 TN Hot Chicken
<b>SMALL SALA BAR</b>	<b>CHEESE PIZZA</b>	<b>COLD SUBS</b>	Bosco Sticks	Mac and Cheese
<b>VEGETARIAN SOUP</b>	<b>HUMMUS CUP</b>	<b>COLD WRAPS</b>	Marinara Cup	Bread Stick
<b>FRUIT CUPS</b>	<b>LARGE SALAD+PROTEIN</b>		Applesauce	Side Kick
		<b>Lunch: \$3.95</b>	Peas	Green Beans
8/21	8/22	8/23	8/24	8/25
Grilled Chicken Sandwich	Meatloaf	Pepperoni Pizza Slice	Hot Melty Turkey Sub	BBQ Chicken Sammy
Pepperoni Ripper	Popcorn Chic Mini Bisc	Thai Chicken Curry	Walking Chicken Tostitos	Spinach Alfredo Lasagna
Salsa	Corn	Rice	Salsa	Bun
Applesauce	Pear Cup	Orange Smiles	Sliced Apples	Side Kick
Roasted Garbanzo Beans	Mashed Potatoes	Broccoli	Cooked Carrots	Green Beans
8/28	8/29	8/30	8/31	9/1
Buffalo Chicken Pizza	Chicken Tostadas	Individual Cheese Pizza	Spicy Chicken Tenders	Barbacoa Bowl -Cilantro Rice
Bosco Sticks	Chicken Cheese Quesadilla	General Tso's Chicken	Sausage (Chicken) Patty	Vegetarian Pasta Bake
Marinara Cup	Corn	Rice	French Toast	Bread Stick
Applesauce	Fruit Cup	Orange Smiles	Orange Juice Cup	Side Kick
Peas	Refried Black Beans	Broccoli	Potato Smiles	Cooked Carrots
9/4	9/5	9/6	9/7	9/8
Labor Day	Chicken Pot Pie	Crispitos/Salsa	Pepperoni Calzone	Chicken Laab -Lettuce Wrap
	Pizza Cruncher	Chicken Lo Mein	Walking Beef Doritos	Cheese Lasagna w/ Marinara
	Romaine Salad Italian Dress	Fortune Cookie	Refried Beans-salsa	Garlic Bread
	Pear Cup	Orange Smiles	Sliced Apples	Side Kick
	Carrots	Broccoli	Corn	Roasted Cauliflower
9/11	9/12	9/13	9/14	9/15
Chicken Fajita Bowl-Arroz	Ham Calzone	Buffalo Chicken Sub	Spicy Tender	No Classes
Cheese or Veggie Burger	Meatball Sub	Tangerine Chicken	Chicken Strips	
Bun	Bun	Rice	Waffles & Syrup	
Applesauce	Fruit Cup	Orange Smiles	Orange Juice Cup	
Baked Beans	Cooked Carrots	Broccoli	Hashbrown	
9/18	9/19	9/20	9/21	9/22
Grilled Chicken Sandwich	Meatloaf	Pepperoni Pizza Slice	Hot Melty Turkey Sub	BBQ Chicken Sammy
Pepperoni Ripper	Popcorn Chic Mini Bisc	Thai Chicken Curry	Walking Chicken Tostitos	Spinach Alfredo Lasagna
Salsa	Corn	Rice	Salsa	Bun
Applesauce	Pear Cup	Orange Smiles	Sliced Apples	Side Kick
Roasted Garbanzo Beans	Mashed Potatoes	Broccoli	Cooked Carrots	Green Beans
9/25	9/26	9/27	9/28	9/29
Yom Kippur	Chicken Tostadas	Individual Cheese Pizza	Spicy Chicken Tenders	Barbacoa Bowl -Cilantro Rice
	Chicken Cheese Quesadilla	General Tso's Chicken	Sausage (Chicken) Patty	Vegetarian Pasta Bake
	Corn	Rice	French Toast	Bread Stick
	Fruit Cup	Orange Smiles	Orange Juice Cup	Side Kick
	Refried Black Beans	Broccoli	Potato Smiles	Cooked Carrots
10/2	10/3	10/4	10/5	10/6
Spicy Grilled Cheese	Chicken Pot Pie	Crispitos/Salsa	Pepperoni Calzone	Chicken Laab -Lettuce Wrap
Crispy Pickle Chicken Sammy	Pizza Cruncher	Chicken Lo Mein	Walking Beef Doritos	Cheese Lasagna w/ Marinara
Bun	Romaine Salad Italian Dress	Fortune Cookie	Refried Beans-salsa	Garlic Bread
Applesauce	Pear Cup	Orange Smiles	Sliced Apples	Side Kick
Roasted Potatoes	Carrots	Broccoli	Corn	Roasted Cauliflower
10/9	10/10	10/11	10/12	10/13
Chicken Fajita Bowl-Arroz	Ham Calzone	Buffalo Chicken Sub	Spicy Tender	TN Hot Chicken
Cheese or Veggie Burger	Meatball Sub	Tangerine Chicken	Chicken Strips	Mac and Cheese
Bun	Bun	Rice	Waffles & Syrup	Bread Stick
Applesauce	Fruit Cup	Orange Smiles	Orange Juice Cup	Side Kick
Baked Beans	Cooked Carrots	Broccoli	Hashbrown	Green Beans
10/16	10/17	10/18	10/19	10/20
Grilled Chicken Sandwich	Meatloaf	Pepperoni Pizza Slice	Hot Melty Turkey Sub	No Classes
Pepperoni Ripper	Popcorn Chic Mini Bisc	Thai Chicken Curry	Walking Chicken Tostitos	
Salsa	Corn	Rice	Salsa	
Applesauce	Pear Cup	Orange Smiles	Sliced Apples	
Roasted Garbanzo Beans	Mashed Potatoes	Broccoli	Cooked Carrots	

Menu subject to change without notice.

This institution is an equal opportunity provider.