### High School Lunch Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| 1      | Steak Burger  
BBQ Sauce Cup  
PB & J Sandwich  
Zesty Italian Cold Cut Sub  
Tuna Salad  
Hummus Plate  
Vegetarian Beans  
Side Salad | Korean BBQ Chicken over  
Brown Rice  
Duck Sauce  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Spicy Chicken Patty Sandwich  
Falafel on Flat Bread  
Broccoli  
Side Salad | Sloppy Joe on  
WG Hamburger Bun  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Veggie Wrap  
Chicken Fajita Wrap  
Steamed Carrots  
Side Salad | Cheese pizza Wedge  
Turkey Pepperoni Pizza Wedge  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Carrot Sticks  
Side Salad |
| 2      | Double Stack Burger  
WG Hamburger Bun  
Tortilla Chips & Salsa  
Spicy Chicken Patty Sandwich  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Veggie Burger on  
WG Hamburger Bun  
Rosemary Garlic Potatoes  
Side Salad | Breaded Drumstick  
Vegetable rice  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Tuna Salad  
Saltine Crackers  
Hummus Plate  
Seasoned Greens  
Side Salad | Chicken Burrito Bowl  
Spicy Mexican Vegetable  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Spicy Chicken Patty Sandwich  
Falafel on Flat Bread  
Fiesta Taco Black Beans  
Side Salad | Zesty Italian Cold Cut Sub  
Turkey Pepperoni Pizza Wedge  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Spinach Wrap  
Roasted Butternut Squash  
Side Salad |  |
| 3      | Italian Combo Platter  
Marinara Sauce Cup  
Spicy Chicken Patty Sandwich  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Veggie Burger on  
WG Hamburger Bun  
Corn  
Side Salad | Chicken Cheese Steak Sub  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Tuna Salad  
Saltine Crackers  
Hummus Plate  
Steamed Carrots  
Side Salad | Tangerine Chicken  
Brown Rice  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Spicy Chicken Patty Sandwich  
Falafel on Flat Bread  
Broccoli  
Side Salad |  
| 4      | Breaded Chicken Patty Sandwich  
Spicy Chicken Patty Sandwich  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Veggie Burger on  
WG Hamburger Bun  
Corn  
Side Salad | BBQ Wingettes  
Macaroni and Cheese  
Dinner Roll  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Hummus Plate  
Carrot Sticks  
Side Salad | Beef Nachos  
Sour Cream  
Spicy Chicken Patty Sandwich  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Falafel on Flat Bread  
Pinto Beans  
Side Salad |  
| 5      | Fish Nuggets  
Corn Muffin  
Spicy Chicken Patty Sandwich  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Veggie Burger on  
WG Hamburger Bun  
Oven Fries  
Side Salad | Korean BBQ Chicken over  
Brown Rice  
Duck Sauce  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Spicy Chicken Patty Sandwich  
Falafel on Flat Bread  
Broccoli  
Side Salad | Sloppy Joe on  
WG Hamburger Bun  
Spicy Cheddar Goldfish  
PBJ & J Sandwich  
Zesty Italian Cold Cut Sub  
Veggie Wrap  
Steamed Carrots  
Side Salad |  |

### Breakfast Options

**Available Daily at Breakfast:**
- Cold Cereal Options:
  - Apple Cinnamon Cheerios, Multi-Grain Cheerios, Original Cheerios, Cinnamon Toast Crunch, Golden Grahams, Honey Kix

Other Options:
- 1% White Milk, Fat Free White Milk

Menu subject to change daily.

**Daily Available Breakfast Nutritional:**

- 310 or fewer calories
- 100 or fewer grams of sugar
- 10 grams of fat
- 3 grams of saturated fat
- 120 or fewer milligrams of sodium
- 0 grams of trans fats
- 0 grams of cholesterol
- 0 grams of refined sugars

**Breakfast Condiments**
- Salt
- Syrup
- Honey
- Cream Cheese

Get a head start on your day by listening to this institution's morning playlist.

This institution is an equal opportunity provider.