

HIGH SCHOOL LUNCH MENU FALL 2009

The High School Lunch Menu is a one week cycle. Each day students are offered 6 entrees choices, 3 vegetable and 3 fruit choices, and 2 milk choices.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CINCI CLASSICS	<ul style="list-style-type: none"> ● Chili 3 Way (38.4) ● Oyster Crackers (10) 	<ul style="list-style-type: none"> ● Nachos w/ Taco Meat, Cheese, & Tortilla Chips (23) ● Salsa (1) 	<ul style="list-style-type: none"> ● Spaghetti w/ Meat Sauce (40.4) ● Breadstick (28) 	<ul style="list-style-type: none"> ● Taco Salad w/ Meat & Cheddar Tortilla Chips (26) ● Salsa (1) 	<ul style="list-style-type: none"> ● Turkey & Gravy (5) over Mashed Potatoes (13) ● Dinner Roll (16)
PIZZERIA	<ul style="list-style-type: none"> ● Pepperoni* Pizza Wedge (35) 	<ul style="list-style-type: none"> ● Cheese Pizza Square (46) 	<ul style="list-style-type: none"> ● Max Cheese Breadstick (34) Marinara Sauce (5) 	<ul style="list-style-type: none"> ● Sausage Pizza Square (46.1) 	<ul style="list-style-type: none"> ● Cheese Pizza Wedge (35.2)
GRILLE	<ul style="list-style-type: none"> ● Breaded Chicken Patty on Bun (38) <p style="text-align: center;">and</p> <ul style="list-style-type: none"> ● Turkey Breast, American Cheese on Wheat Bread (28) 	<ul style="list-style-type: none"> ● Spicy Chicken Patty on Bun (37) <p style="text-align: center;">and</p> <ul style="list-style-type: none"> ● Breaded Chicken Nuggets (13) ● Biscuit (29) with Jelly (14) 	<ul style="list-style-type: none"> ● Cheeseburger on Bun (26.8) <p style="text-align: center;">and</p> <ul style="list-style-type: none"> ● Spicy Chicken Wrap with Cheddar Cheese (25) 	<ul style="list-style-type: none"> ● Breaded Chicken Patty on Bun (38) <p style="text-align: center;">and</p> <ul style="list-style-type: none"> ● Spicy Chicken Tenders (11) ● Dinner Roll (16) 	<ul style="list-style-type: none"> ● Spicy Chicken Patty on Bun (37) <p style="text-align: center;">and</p> <ul style="list-style-type: none"> ● Turkey Ham & American Melt on Bun (30.5)
KOOL CHOICES	<ul style="list-style-type: none"> ● Spicy Chicken Tender & Cheddar Chef Salad Ranch Dressing ● Crackers (2 packs) (26.8) 	<ul style="list-style-type: none"> ● Turkey Ham & Cheddar Chef Salad Ranch Dressing ● Crackers (2 packs) (26.8) 	<ul style="list-style-type: none"> ● Fajita Chicken & Cheddar Chef Salad Ranch Dressing ● Crackers (2 packs) (26.8) 	<ul style="list-style-type: none"> ● Turkey Breast & Cheddar Chef Salad Ranch Dressing ● Crackers (2 packs) (26.8) 	<ul style="list-style-type: none"> ● Turkey Ham & Breast & Cheddar Chef Salad Ranch Dressing ● Crackers (2 packs) (26.8)
	<p>DAILY: Peanut Butter & Jelly Sandwich on Wheat Bread</p> <p>Chef Salad without Meat or Cheese available upon request</p>				
FRUITS & VEGETABLES	<ul style="list-style-type: none"> ● Fresh Garden Salad (6) Ranch Dressing (1 pc) ● Seasoned Green Beans (4) ● Pickle Half (2.2) 	<ul style="list-style-type: none"> ● Fresh Garden Salad (6) Ranch Dressing (1 pc) ● Whole Kernel Corn (15.8) ● Pickle Half (2.2) 	<ul style="list-style-type: none"> ● Fresh Garden Salad (6) Ranch Dressing (1 pc) ● Seasoned Peas (11.4) ● Pickle Half (2.2) 	<ul style="list-style-type: none"> ● Fresh Garden Salad (6) Ranch Dressing (1 pc) ● Vegetarian Baked Beans (24) ● Pickle Half (2.2) 	<ul style="list-style-type: none"> ● Fresh Garden Salad (6) Ranch Dressing (1 pc) ● Carrots Coins (5.64) ● Pickle Half (2.2)
	<ul style="list-style-type: none"> ● Fresh Fruit (2 varieties) apple (21) orange (18.8) pears (13) ● Peach Slices, 1/4 c (9.13) ● Orange Juice (15) 	<ul style="list-style-type: none"> ● Fresh Fruit (2 varieties) ● Pear Slices, 1/4 c (9) ● Orange Juice (15) 	<ul style="list-style-type: none"> ● Fresh Fruit (2 varieties) ● Applesauce, 1/4 c (12.69) ● Orange Juice (15) 	<ul style="list-style-type: none"> ● Fresh Fruit (2 varieties) ● Mixed Fruit, 1/4 c (8.9) ● Orange Juice (15) 	<ul style="list-style-type: none"> ● Fresh Fruit (2 varieties) ● Pineapple Tidbits, 1/4 c (8.47) ● Orange Juice (15)
MILK	<ul style="list-style-type: none"> ● Skim Milk and Lowfat Chocolate Milk 	<ul style="list-style-type: none"> ● Skim Milk and Lowfat Chocolate Milk 	<ul style="list-style-type: none"> ● Skim Milk and Lowfat Chocolate Milk 	<ul style="list-style-type: none"> ● Skim Milk and Lowfat Chocolate Milk 	<ul style="list-style-type: none"> ● Skim Milk and Lowfat Chocolate Milk

*= Contains Pork

Menu subject to change with out notice