High School

MONDAY	**02-Sep-19**		
ENTREE			3 oz 3 oz/2 oz gr
POTATO			.5 c
Rice			
VEGETABLE			.5 c
BREAD			2 oz 2 oz
TUESDAY	**03-Sep-19**		
ENTREE			3 oz 3 oz
POTATO			.5 c
Rice			.5 c
VEGETABLE			.5 c
BREAD			2 oz
WEDNESDAY	**04-Sep-19**		
ENTREE		Hot Dogs Penne with Alfredo Sauce	3 oz 3 oz
Poatato		Mashed Potatoes	.5 c
VEGETABLE		Broccoli Baked Beans	.5 c
BREAD		WG Dinner Rolls	2 oz
THURSDAY	**05-Sep-19**		
ENTREE		Sausage and Peppers Sloppy Joes	3 oz 3 oz
Potato		Rice Pilaf	.5 c
VEGETABLE		Roasted Cauliflower and Garlic	.5 c
BREAD		WG Dinner Rolls	2 oz
FRIDAY	**06-Sep-19**		
		Pizza Southern Crispy Flounder	3oz g/2 oz ch 2 oz /1 oz gr
POTATO		Roated Potatoes	.5 c
VEGETABLE		Carrots	.5 c
BREAD		WG Dinner Rolls	2 oz

Complete Meal Price

Students: $3.00
Faculty: $3.50
1 entrée, veg., potato, bread,
and low fat white or chocolate milk

From the Deli Station
Assorted Sandwiches are available every day
Turkey and Cheese or Italian (3 oz meat/cheese)
All Sandwiches come with lettuce and tomato
served on variety of breads, including
Whole Wheat, Whole Grain White, and Whole Grain Rye (2 oz)

Salads available every day, can be used as Veg, in addition to hot veg
Garden - 1 c (1/2 c credible) Romaine and Mesclun,
1/8 c Red Peppers,1/8c carrots, 1/8c cuc

Fruits
Apples, Oranges, Bananas
Fruit Cups (1c)

All entrees (hot or cold) come with hot veg and garden salad

This Week's Vegetables	
Dark	Romaine, Mesclun
	Broccoli
Red/Orange	Carrots
Beans/Peas	Baked Beans
Starchy	Potato
Other	Cauliflower

Beverages
1% White Milk