

Name: _____ Grade: _____ Nourishment. Delivered.
9-12 LUNCH MENU Due Aug 22nd by 3:00 pm
School Year 2014-15 \$4.00 a day

Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Orange-Pineapple Juice Whole Wheat Bread	1	Chicken Strips WG Rotini w/ Marinara Broccoli Carrot Sticks Applesauce/Grape Juice Whole Grain Roll Margarine	2	Breaded Pork w/ Gravy Green Beans Potatoes O'Brien Mandarin Oranges Blended Juice Whole Grain Bread Graham Crackers	3	Hamburger on WG Bun Baked Beans Diced Tomato Mustard/Ketchup	4	BBQ Chicken Thigh Butternut Squash Mashed Potatoes Fresh Orange Apple Juice Whole Wheat Bread Margarine	5
Sloppy Joe on Whole Grain Bun Mashed Sweet Potatoes Green Peas Applesauce Blended Juice	8	Hot Dog on WG Bun Baked Beans Carrots Pineapple Grape Juice Graham Crackers Mustard/Ketchup	9	Spaghetti & Meat Sauce Green Beans Corn Mixed Fruit Orange-Pineapple Juice Whole Grain Bread Margarine	10	Grilled Chicken Breast on Whole Grain Bun Broccoli Herb Mashed Potatoes Whole Fresh Apple Orange Juice	11	Turkey, Ham and Cheese on WG Bread Carrot Raisin Salad Tossed Salad w/ Ranch Dressing Peaches Apple Juice	12
Hamburger on WG Bun Baked Beans Potatoes O'Brien Applesauce Grape Juice Mayonnaise/Ketchup	15	Ham and Cheese on Whole Wheat Bread Carrots Yellow Corn Mixed Fruit Orange-Pineapple Juice Margarine	16	Baked Chicken Thigh Green Beans Potatoes Au Gratin Peaches Apple Juice Graham Crackers WG Bread/Margarine	17	WG Pizza Pocket with Marinara Broccoli Seasonal Fresh Fruit Blended Juice Margarine	18	Grilled Chicken on Whole Grain Bun Tossed Salad w/ Italian Dressing Country Veg Medley Pineapple Orange Juice	19
Lasagna Casserole Garlic Spinach Carrots Applesauce Grape Juice Whole Wheat Bread Margarine	22	BBQ Chunky Chicken on Whole Grain Bun Baked Beans Green Peas Mixed Fruit Orange-Pineapple Juice	23	Turkey and Cheese on Whole Grain Bun Coleslaw Baby Carrots Fruit Salad Blended Juice Mayonnaise	24	Chicken Breast w/ Gravy Brown Rice Pilaf Whole Kernel Corn Broccoli Peaches/Apple Juice Graham Crackers WG Roll/Margarine	25	Salisbury Steak with Brown Gravy Steamed Potatoes Mashed Potatoes Orange Juice Graham Crackers WG Bread/Margarine	26
Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Mixed Fruit Orange-Pineapple Juice Whole Wheat Bread	29	Chicken Strips WG Rotini w/ Marinara Broccoli Carrot Sticks Applesauce/Grape Juice Whole Grain Roll Margarine	30	Breaded Pork w/ Gravy Green Beans Potatoes O'Brien Mandarin Oranges Blended Juice Whole Grain Bread Graham Crackers		Hamburger on WG Bun Baked Beans Corn with Diced Tomato Peaches Orange Juice Mustard/Ketchup		BBQ Chicken Thigh Butternut Squash Mashed Potatoes Fresh Orange Apple Juice Whole Wheat Bread Margarine	

Senior OTL: Sept. 15
 Freshmen Retreat: Sept. 19

Circle the days you want lunch.
 # of days _____ X \$4.00 = _____ total due