

September 2022

Middle School and High School Lunch Menu



Lunch includes
3 of the 5 components:
Choice of Fruit, Vegetable, Grain,
Meat/ Meat Alternative and Milk
(Must include a Fruit or a Vegetable)

Milk Choice:
(Hormone & Antibiotic Free)
Skim, 1% or Fat Free Chocolate

Daily Options:
HS: Made to Order Deli and Salads
MS: Premade Sandwiches and Salads
Pizza: Cheese, Pepperoni, and
Specialty Pies
Spicy and Plain Chicken Patties,
Burgers, Black Bean Burgers,
Chicken Tenders
Assorted Fruit and Vegetable Options
Menu is subject to change

*Gluten Free Meals are Available
Only to Students with
Documented Restrictions*
Please See Separate Gluten Free Menu

Any questions please email:
Haug-Eric@aramark.com



This institution is an equal opportunity provider



1

2



5



6

Spaghetti and Meatballs
Roasted Mixed Vegetables
Fresh Fruit

7

General TSO's Chicken
Broccoli
Rice
Fresh Fruit

8

Breakfast for Lunch
WG French Toast Sticks
Turkey Sausage
Hash Browns
Fresh Fruit

9

Nachos
Baked Beans
Fresh Fruit

12

Meatless Monday

Entrée

Macaroni and Cheese
Broccoli
Fresh Fruit

13

Philly Cheese Steak
Green Beans
Fresh Fruit

14

Lasagna
Garden Salad
Fresh Fruit

15

Grilled Chicken Caesar
Salad Wrap
Roasted Cauliflower
Fresh Fruit

16

Beef and Bean Burrito
Black Bean Salad
Fresh Fruit

19

Meatless Monday

Entrée

Vegetarian Stromboli
Grilled Zucchini
Fresh Fruit

20

Kickin' Bean and Beef
Tortilla Bowl
Corn
Fresh Fruit

21

Penne Alfredo with Chicken
Green Beans
Fresh Fruit

22

Teriyaki Chicken
Rice
Carrots
Fresh Fruit

23

Chipotle Ranch Burger
Cole Slaw
Fresh Fruit

26

School Closed



27

School Closed



28

Kickin' Chicken Fries
Carrots
Fresh Fruit

29

Meatball Sub
French Fries
Fresh Fruit

30

BBQ Chicken
Macaroni and Cheese
Corn
Fresh Fruit