

High School Lunch Menu

September 2013 to January 2014

Student Lunch \$2.75 Reduced Lunch \$.40 Adult Lunch \$3.95

Money in your account helps speed up lines and leaves more time to socialize!

Cafeteria Legend

Follow the calendar color key to our lunch menu.

■ NO LUNCH!

M	T	W	T	F
SEPT				
	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

M	T	W	T	F
OCT				
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7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

M	T	W	T	F
NOV				
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4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

M	T	W	T	F
DEC				
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9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

M	T	W	T	F
JAN				
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20	21	22	23	24
27	28	29	30	31

M	T	W	T	F
FEB				
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17	18	19	20	21
24	25	26	27	28

M	T	W	T	F
MARCH				
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24	25	26	27	28
31				

M	T	W	T	F
APRIL				
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28	29	30		

M	T	W	T	F
MAY				
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19	20	21	22	23
26	27	28	29	30

M	T	W	T	F
JUNE				
2	3	4	5	6
9	10	11	12	13

DAILY ENTRÉE		Daily Specials on The Grill
Monday	Popcorn Chicken w/ Dip Sauce w/ WW Roll, Mashed Potatoes, Baby Carrots w/dip, Mixed Fruit, Pears	Cheeseburger, Grilled Chicken, Chicken Patty, Vegetarian Burgers (Available on White and Whole Wheat Buns)
Tuesday	Meatball Sandwich on a Sub Roll, Black Bean Salad, Caesar Salad, Fresh Apple, Peaches	
Wednesday	Grilled Cheese Sandwich, Tomato Soup, Broccoli, Oranges, Applesauce	Deli Bar
Thursday	Chicken Parmesan on Kaiser, Corn, Carrot Sticks w/dip, Fresh Grapes, Bananas	Ham, Turkey, Roast Beef, Tuna Salad, Chicken Salad, Hot & Spicy Ham, Salami, 3 Cheeses and Assorted Bread and Kaiser Rolls (Whole Wheat and Multi Grain)
Friday	5" Individual Pizza, Seasoned Green Beans, Tossed Salad, Pineapple, Apple Slices	
DAILY ENTRÉE		Past Bar
Monday	Hot Roast Beef, Provolone Cheese on Kaiser, Baked Beans, Roasted Corn, Fresh Apple, Peaches	Two Pasta's and Two Sauces Available Daily
Tuesday	Pasta w/Spag. Sauce ▼, Meatballs, Green Beans, Garden Salad, Pineapple, Apple Slices	
Wednesday	General Tso's Chicken over Noodles, Stir Fry, Broccoli, Oranges, Applesauce	Greens
Thursday	Italian Hoagie, Baby Carrots, Cucumber Salad, Banana, Pears	
Friday	Chicken & Broccoli Alfredo, Carrot Sticks, Fresh Grapes, Mixed Fruit, WW Roll	Traditional Salad Bar And Specialty Salad Bar
DAILY ENTRÉE		Soup & Chili
Monday	Chicken Tenders w/ Dipping Sauce, Potato Puffs, Broccoli, Oranges, Applesauce	Two Soups and/or Chili Daily
Tuesday	Stuffed Shells w/Spaghetti Sauce, Caesar Salad, Baby Carrots, Mixed Fruit, Pears, WW Roll	
Wednesday	Soft Beef Taco w/Lettuce, Tomato, Salsa, Spicy Pinto Beans, Roasted Corn, Fresh Apple, Peaches	Pizza
Thursday	Chicken Cacciatore over Penne Pasta, Carrot Sticks, Grapes, Bananas, WW Roll	
Friday	Pizza Dippers w/Marinara Sauce, Seasoned Green Beans, Caesar Salad, Pineapple, Apple Slices	Mickey's Cheese Pizza Plus one Daily Special
DAILY ENTRÉE		Express
Monday	Cheesesteak w/Fried Onions & Sauce, Sweet Potato Fries, Cucumber, Applesauce, Pears	Premade Salads Wraps Deli Sandwiches
Tuesday	BBQ Chicken Wings, Baked Beans, Fresh Apple, Peaches, WW Roll	
Wednesday	Spaghetti and Meatballs, WW Roll, Caesar Salad, Fresh Grapes, Mixed Fruit	Deli Sandwiches
Thursday	Breaded Baked Chicken, Mashed Potatoes, Broccoli, Oranges, Bananas	
Friday	Stuffed Crust Pizza, Seasoned Green Beans, Tossed Salad, Pineapple, Apple Slices	

High School Breakfast Meal \$1.75

Sandwich Meal \$3.00

All Breakfast Meals include Four Items:

1. Bread 2. Protein 3. Fruit 4. Milk

You may take all four items, but must take at least three items to count as a Meal. You may take two breads or one bread and one protein and one fruit and one milk.

Choose One Entrée

(Bread and/or Protein)

- Bagel Lg Muffin 2 Cereals
French Toast Sticks & Sausage

Sausage, Egg, Cheese Sandwich (\$3.00 Meal)

Choose One Fruit

(Fruit)

- Fresh Fruit 4oz 100% Fruit Juice

Choose One

(8oz Milk)

High School Lunch Meal \$2.75

All Meals include Five Items:

1. Protein 2. Bread 3. Fruit 4. Vegetable 5. Milk
You may take all five items, but must take at least three items, with one of the three items being a fruit or vegetable to count as a lunch.

Choose One Entrée (Bread, Protein):

\$2.75 Meal Entrée's

- Cheeseburger, Hamburger, Veggie Burger
Chicken Patty
Pasta Bar

Pizza Daily Menu Item

\$3.50 Meal Entrée's

- Chick Fillet
Deli to Order

Choose up to Two Fruits & Two Vegetables

2 portioned fruits or 1 fresh fruit
And up to 2 vegetables

(Add Fries to any Meal for \$.75, when available)

Choose One:

(1% white, skim white & non-fat chocolate milk)

CAFETERIA ACCOUNT

Please include your child's name and pin # with all pre-payments. You may also pay online at www.paypams.com. FREE registration (\$1.95 fee for online deposits)

Salad Bar \$3.50

Includes Salad Bar plus Fruit, Crackers/Breadsticks & 8oz Milk

