



High School Menu



Nutrition Tip: August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



Reference: USDA MyPlate

Monday



5

Tuesday



Welcome

6

Wednesday

Back

7

Thursday

Ell-Saline

8

Friday

9

12

Lunch Tray Requires
3-Servings of
3 Different Food Groups
on your tray.

13

½ cup Fruit or Vegetab
1 serving Bread or Grain
1 serving of Meat/Meat
alternate.
1-8oz. Carton of Milk

14

15

16

19

20

Pepperoni/Cheese Pizza
Or Turkey & Cheese Sub
Celery Sticks
Cherry Tomatoes,
Oranges Halves,
Milk Choice

21

Hot Ham & Cheese on a Bun
Or Pork Rib on a Bun
Potato Wedge
Broccoli Florets
Fruit Cocktail
Milk

22

23

Chicken Strips
Or PBJ Sandwich
Mashed Potatoes & Gravy
Green Beans
Sliced Pears
Whole Wheat Roll, Jelly

26

Pork Rib on a Bun
Or PBJ Sandwich
Leaf Lettuce & Tomato Slice
Sweet Potato Puffs
Apple
Milk

27

Taco Soup & Tortilla Chips
Or Crispito & Chips
Tomato Salsa
Refried Beans
Fresh Strawberries
Milk

28

Corn Dog or
Hamburger on a Bun
Green Beans, Tater Tots
Fruit Cocktail
Snickerdoodle
Milk

29

Chicken Soft Taco
Or Yogurt Blueberry/Muffin Plate
Seasoned Corn
Fresh Baby Carrots
Fresh Cantaloupe
Milk

30

Mac & Cheese & Meatballs
w/ Bread & Jelly
Or Pepperoni Pizza
Seasoned Peas, Garden Salad
Orange Halves
Milk