



High School FOOD BAR

ALL MEALS MUST BE COMPLETED WITH FRUIT OR VEGETABLE

BEVERAGES

WATER	\$1.00
IZZE	\$1.50
LACROIX	\$1.25
PROPEL	\$1.50
CAPRI SUN	\$.75
ADULT MEAL	\$5.58

MEAL INCLUDES A CHOICE OF 1%LOWFAT
MILK OR NONFAT CHOCOLATE MILK.
LACTAID ALSO AVAILABLE .

MONDAY-CHICKEN & POTATO

CHICKEN VARIETY, MASHED POTATO, GRAVY, CORN
BREAD, CORN, CAESAR SALAD, GARDEN SALAD



TUESDAY-PASTA & SALAD

CHOICE OF WHOLE GRAIN PASTA, MARINARA, MEAT
SAUCE, ALFREDO SAUCE, GREEN SALAD, ROASTED
BROCCOLI, & ROLL.



WEDNESDAY-CHILI

BEEF OR VEGETARIAN CHILI, NACHO CHEESE, CHOICE
OF TORTILLA CHIPS, FRIES, OR BAKED POTATO



THURSDAY-RAMEN NOODLES

WG RAMEN NOODLES, CHICKEN OR SOFT BOILED EGG,
CHOICE OF A VARIETY OF CHOPPED VEGETABLES, FINISH
BY POURING OVER TASTY CHICKEN BROTH.



FRIDAY -CHICKEN BOWL

CHOICE OF ORANGE OR TERIYAKI CHICKEN, RICE,
STEAMED BROCCOLI, EDAMAME, RED CABBAGE SLAW

