



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-BEEF OR CHICKEN BURITTO

WG FLOUR TORTILLA OR CORN TOSTADA, CHICKEN OR BEEF, SPANISH RICE, CHOICE OF A VARIETY OF CHOPPED VEGETABLES,VARIETY OF TOPPINGS.



FRIDAY -CHICKEN BOWL

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

