



High School FOOD BAR

ALL MEALS MUST BE COMPLETED WITH FRUIT OR VEGETABLE

BEVERAGES

WATER	\$1.75
IZZE	\$1.75
LACROIX	\$1.50
PROPEL	\$1.75
CAPRI SUN	\$1.00
ADULT MEAL	\$5.58

ALL MEALS INCLUDE FRESH SEASONAL FRUIT AND VEGETABLES, LOWFAT REGULAR OR NON-FAT CHOCOLATE MILK. STUDENTS MUST TAKE 3 OF THE 5 FOOD GROUPS OFFERED FOR A "COMPLETE" MEAL. STUDENTS MUST TAKE AT LEAST ONE FRUIT OR ONE VEGETABLE TO RECEIVE THEIR MEAL AT NO CHARGE. MENU SUBJECT TO CHANGE.

(V) VEGETARIAN

MONDAY-CHICKEN & POTATO

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



TUESDAY-PASTA & SALAD

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



WEDNESDAY-CHILI

BEEF OR NACHO CHEESE (V), CHOICE OF TORTILLA CHIPS, FRIES, OR BAKED POTATO



THURSDAY-RAMEN NOODLES

WG RAMEN NOODLES, CHICKEN OR SOFT BOILED EGG (V), 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

