



High School Tiger Cafe

September

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BRUNCH SERVED
DAILY DURING
MORNING BREAK.

LABOR
DAY

1

Turkey Taco Nachos
Chicken & Cheese Taquitos
Cheese Quesadilla (V)
Greek Pasta Salad (V)
Berry Yogurt Parfait (V)
Bistro Box (V)

2

Teriyaki Chicken & Rice Bowl
Vegetable Dumplings (V)
Popcorn Chicken Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

3

Cuban Pork Sandwich
Grilled Two Cheese Sandwich (V)
Asian Noodle Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

4

Chicken Tender Meal
Cheese & Green Chili Tamale (V)
Chicken Caesar Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

8

Chicken Drumstick & Cornbread
Cheese Enchiladas (V)
Greek Pasta Salad (V)
Berry Yogurt Parfait (V)
Bistro Box (V)

9

Orange Chicken & Rice Bowl
Vegetable Dumplings (V)
Popcorn Chicken Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

10

Chicken Parmesan Sandwich
Three Cheese Calzone (V)
Asian Noodle Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

11

Chicken Alfredo
Pasta Pesto Alfredo (V)
Chicken Caesar Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

14

HS Mozzarella Bread Sticks (V)
BBQ Beef Rib Sandwich
Chicken Caesar Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

15

Popcorn Chicken Mashed Potato Bowl
Chickenless Tender Mashed Potato Bowl
Greek Pasta Salad (V)
Berry Yogurt Parfait (V)
Bistro Box (V)

16

Sweet & Sour Chicken & Rice Bowl
Vegetable Dumplings (V)
Popcorn Chicken Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

17

Rodeo Cheeseburger
Grilled Two Cheese Sandwich (V)
Asian Noodle Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

18

Beef Chili Cheese Fries
Macaroni & Cheese (V)
Chicken Caesar Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

21

Beef Patty Melt
French Bread Cheese Pizza (V)
Chicken Caesar Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

22

Buffalo Chicken Wing Meal
Cheese Enchiladas (V)
Greek Pasta Salad (V)
Berry Yogurt Parfait (V)
Bistro Box (V)

23

General Tso's Chicken & Rice Bowl
Vegetable Dumplings (V)
Popcorn Chicken Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

24

BBQ Pork Sandwich
Three Cheese Calzone (V)
Asian Noodle Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

25

Chicken Tender Meal
Cheese & Green Chili Tamale (V)
Chicken Caesar Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

28

BBQ Beef Rib Sandwich
HS Mozzarella Bread Sticks (V)
Chicken Caesar Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

29

Chicken Tikka Masala
Chickpea Tikka Masala (V)
Cheese Quesadilla (V)
Greek Pasta Salad (V)
Berry Yogurt Parfait (V)

30

Chicken Egg Roll & Fried Rice
Vegetable Dumplings (V)
Popcorn Chicken Salad
Berry Yogurt Parfait (V)
Bistro Box (V)

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

(V) VEGETARIAN