



HIGH SCHOOL MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				
NO SCHOOL				
<p>4 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Stew Mashed Potatoes</p> <p><u>Grill</u> Smoked Turkey & Cheese Hoagie Baked Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>5 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Hmong Beef Fried Rice with Fixings or Ravioli</p> <p><u>Grill</u> Chicken Nuggets Steak Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>6 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chicken Breast Patty with Marinara Sauce Baked Rigatoni ^v Corn</p> <p><u>Grill</u> Turkey Hot Dog (2) Roasted Red Potatoes</p> <p><u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>7 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Tater Tot Hot Dish Green Beans</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Fruit Salad Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>8 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Grilled Cheese Sandwich ^v Tomato Soup ^v Pears</p> <p><u>Grill</u> Fish Sandwich Baked Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Taco Bar (Build your own with fixings)				
<p>11 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Fajita with Fixings Refried Beans ^v Herbed Corn & Couscous</p> <p><u>Grill</u> Lite Turkey Corn Dog Baked Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>12 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce ^v Green Beans</p> <p><u>Grill</u> Sloppy Joe Steak Fries</p> <p><u>Sides</u> Strawberry Cup Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>13 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chili & Cheesebread Mixed Vegetables</p> <p><u>Grill</u> School Choice Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>14 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans ^v Brown Rice, Corn</p> <p><u>Grill</u> Chicken Nuggets Steak Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>15 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> BBQ Chicken Sandwich Chicken Vegetable Rotini Soup</p> <p><u>Grill</u> Fish Sandwich with Cheese Baked Fries</p> <p><u>Sides</u> Corn and Barley Ensalada Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Pasta Bar (Choice of pasta and sauces)				

Menu subject to change due to availability of food.

- P** Contains Pork
- ^** Contains nuts or peanut butter
- v** Meatless item
- !** Locally grown

MENU KEY

Allergy Notice: Products have been made at the District's Nutrition Center or plants where milk, eggs, soy beans, tree nuts, peanuts and other ingredients are used.

Has Your Family Experienced a Reduction in Income? Applying for Meal Benefits is Easy and Confidential.

Free or reduced-price school meals can help ease the financial strain many families are experiencing during this economic downturn. Families who receive Food Stamps, MFIP, WIC or FDIPIR or who meet USDA income guidelines may be eligible for free or reduced-price school meals. Households of four with a weekly gross income of \$785 or less may qualify. To find out if you qualify or to request an application, make a confidential call to Nutrition Services at 651-603-4950.

