

APRIL | 2023

Middle & High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
SCRAMBLED EGGS 4g
FRENCH TOAST 37g
HASH BROWNS 32g
FRESH BROCCOLI & CELERY
FRUIT & MILK

4
WILD MIKE'S
CHEESE BITES 28g
CALIFORNIA BLEND 3g
BABY CARROTS & GRAPE
TOMATOES
FRUIT & MILK

5
GRILLED CHEESE
SANDWICH 28g
TOMATO SOUP 40g
GOLDFISH CRACKERS 14g
FRESH BROCCOLI &
CAULIFLOWER
FRUIT & MILK

6
SOFT TACOS
2 SOFT SHELL TORTILLAS 30g
TACO MEAT 5g
SHREDDED CHEESE 0g
REFRIED BEANS 23g
GRAPE TOMATOES &
CUCUMBERS
FRUIT & MILK

7
**NO
SCHOOL**
(Easter Break)

10
**NO
SCHOOL**
(Easter Break)

11
REGULAR OR SPICY
BREADED CHICKEN 9g
with WG BUN 25g
MIXED VEGGIES 8g
BABY CARROTS & GRAPE
TOMATOES
FRUIT & MILK

12
CHICKEN N' WAFFLES
CHICKEN TENDERS 22g
EMOJI WAFFLE 29g
GLAZED CARROTS 12g
FRESH BROCCOLI &
CAULIFLOWER
FRUIT & MILK

13
BRATWURST 1g
with WG BUN 27g
BAKED BEANS 30g
GRAPE TOMATOES &
CUCUMBERS
FRUIT & MILK

14
PENNE PASTA with ALFREDO
SAUCE (MS-21g / HS-31g)
BREADSTICK 14g
STEAMED BROCCOLI 5g
with CHEESE SAUCE
*optional 3g
BABY CARROTS & GRAPE
TOMATOES
FRUIT & MILK

17
CHICKEN NUGGETS 32g
MASHED POTATOES 20g
with WHITE GRAVY 6g
FRESH BROCCOLI & CELERY
FRUIT & MILK

18
SLOPPY JOE 10g
with WG BUN 25g
CALIFORNIA BLEND 3g
BABY CARROTS & GRAPE
TOMATOES
FRUIT & MILK

19
FIESTADA PIZZA 28g
with SALSA 3g
REFRIED BEANS 23g
FRESH BROCCOLI &
CAULIFLOWER
FRUIT & MILK

20
FRESHLY MADE
PEPPERONI PIZZA SUB 33g
CAESAR SIDE SALAD 4g
with CROUTONS 5g
GRAPE TOMATOES &
CUCUMBERS
FRUIT & MILK

21
FRENCH BREAD PIZZA 23g
GREEN BEANS 4g
BABY CARROTS & GRAPE
TOMATOES
FRUIT & MILK

24
PANCAKES 36g
SAUSAGE PATTIES 0g
HASH BROWNS 32g
FRESH BROCCOLI & CELERY
FRUIT & MILK

25
CORN DOGS
(MS-30g / HS-60g)
BAKED BEANS 30g
BABY CARROTS & GRAPE
TOMATOES
FRUIT & MILK

26
SPAGHETTI (MS-21g / HS-41g)
MEATBALLS (MS-5g / HS-6g)
MARINARA SAUCE (MS-6g / HS-8g)
BREADSTICK 14g
MIXED VEGGIES 8g
FRESH BROCCOLI &
CAULIFLOWER
FRUIT & MILK

27
BBQ RIB 13g
on WG BUN 25g
GLAZED CARROTS 12g
GRAPE TOMATOES &
CUCUMBERS
FRUIT & MILK

28
REGULAR OR SPICY
CHICKEN TENDERS 23g
CHEEZ-ITS 14g
STEAMED BROCCOLI 5g
w/ CHEESE SAUCE *optional* 3g
BABY CARROTS & GRAPE
TOMATOES
FRUIT & MILK

PARENT INFO

*School lunches have returned to regular pricing for the 2022-2023 school year and are **no longer free for all**. Please make sure you have adequate money deposited into your child's lunch account.

FRESH FRUIT & VEGGIES

A variety of fresh veggies with ranch will be offered daily, along with many fresh fruit options.

DAILY ALTERNATE TRAY OPTIONS

*PBJ UNCRUSTABLE
*CHEF SALAD
*SUB SANDWICH
*LUNCHABLE

BREAKFAST

Breakfast is FREE and is served in two convenient locations in the hallway, between 7:45 am - 7:55 am. All middle and high school students are encouraged to take FREE breakfast! It can be eaten in the morning, taken to lunch, or taken home.

Menu is subject to change. The average carb count for canned fruit = 19-22g per ½ cup serving and fruit juice averages 13g carbs. The average carb count for ½ cup fresh raw vegetables = 5.4g. White milk is 13g, chocolate milk is 24g and strawberry milk is 29g. We follow Offer vs. Serve policy. This institution is an equal opportunity provider.