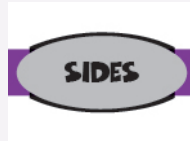


Sci High Lunch Menu

February 3rd-7th, 2020

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A variety of sides offered daily!

Locally grown items are offered as available. Daily Fruit Choice may include: Apples, Bananas, Oranges, Dried Fruit, or Seasonal Choice. Milk Choice Includes: 1% Plain, Skim, Non-Fat Flavored.

Enjoy a Homestyle Meal

Made just for you



- MONDAY** Crispy Chicken Nuggets w/ Mac & Cheese
- TUESDAY** BBQ Pork Riblet w/ Mashed Potatoes
- WEDNESDAY** Spaghetti & Meatballs
- THURSDAY** Chicken & Waffles
- FRIDAY** Broccoli Cheddar Soup
Friday Sandwich Special

Fresh Sandwiches/Subs

Made to order daily



- MONDAY** Buffalo Chicken Wrap
- TUESDAY** Buffalo Chicken Wrap
- WEDNESDAY** Buffalo Chicken Wrap
- THURSDAY** Buffalo Chicken Wrap
- FRIDAY** Buffalo Chicken Wrap



A Variety of Specialty Salads

Served with WGR Bread or Crackers

- MONDAY** Chef Salad
- TUESDAY** Chef Salad
- WEDNESDAY** Chef Salad
- THURSDAY** Chef Salad
- FRIDAY** Chef Salad



Made Fresh Daily

Featuring your Favorite Toppings

- MONDAY** Cheese Pizza, Pepperoni Pizza
- TUESDAY** Cheese Pizza, Pepperoni Pizza
- WEDNESDAY** Cheese Pizza, Pepperoni Pizza
- THURSDAY** Cheese Pizza, Pepperoni Pizza
- FRIDAY** Cheese Pizza, Pepperoni Pizza



Hot Grab N Go Items

Made Fresh Daily

- MONDAY** Meatball Sandwich
- TUESDAY** Meatball Sandwich
- WEDNESDAY** Meatball Sandwich
- THURSDAY** Meatball Sandwich
- FRIDAY** Meatball Sandwich

This institution is an equal opportunity provider.

Nutrition Information is available upon request.



Taco & Nacho Bar!



A variety of Burritos, Tacos, Nachos and Rice Bowls can be created at this station!



Our Daily Vegetable Offering

Tater tots available on select days

MONDAY	Taco & Nacho Bar
TUESDAY	Taco & Nacho Bar
WEDNESDAY	Taco & Nacho Bar
THURSDAY	Taco & Nacho Bar
FRIDAY	Taco & Nacho Bar

MONDAY	Sauteed Spinach, Vegetable Medley
TUESDAY	Stewed Okra, Baked Beans
WEDNESDAY	Roasted Broccoli, Romaine Side Salad
THURSDAY	Peas & Carrots, Sweet Potato Wedges
FRIDAY	Carrots, Potato Salad

Nutrition Information is available upon request.

