

Sci High Lunch Menu

January 13th-17th, 2020

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

SIDES

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

FAVORITES

MONDAY	Red Beans & Rice with Cornbread
TUESDAY	Crispy Chicken Nuggets w/ Mac & Cheese
WEDNESDAY	Baked Pasta
THURSDAY	Pork Chop w/ Gravy & Brown Rice
FRIDAY	Friday Pizza Special

Fresh Sandwiches/Subs

Made to order daily

DELI

MONDAY	Bacon Chicken Wrap
TUESDAY	Bacon Chicken Wrap
WEDNESDAY	Bacon Chicken Wrap
THURSDAY	Bacon Chicken Wrap
FRIDAY	Friday Pizza Special

SALADS

A Variety of Specialty Salads

Served with WGR Bread or Crackers

MONDAY	Caesar Salad
TUESDAY	Caesar Salad
WEDNESDAY	Caesar Salad
THURSDAY	Caesar Salad
FRIDAY	Friday Pizza Special

PIZZA

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	Friday Pizza Special

GRILL

Hot Grab N Go Items

Made Fresh Daily

MONDAY	Crispy Chicken Sandwich
TUESDAY	Crispy Chicken Sandwich
WEDNESDAY	Crispy Chicken Sandwich
THURSDAY	Crispy Chicken Sandwich
FRIDAY	Friday Pizza Special

This institution is an equal opportunity provider.

Nutrition Information is available upon request.

CROSSROADS
CAFE
by sodexo

Mix It Up with a Fresh Salad!

V Fresh options to create a salad unique to you!

CREATIONS

MONDAY	Salad Bar
TUESDAY	Salad Bar
WEDNESDAY	Salad Bar
THURSDAY	Salad Bar
FRIDAY	Salad Bar

Our Daily Vegetable Offering

SIDES

MONDAY	Collard Greens, Glazed Carrots
TUESDAY	Romaine Side Salad, Green Beans
WEDNESDAY	Mixed Vegetables, Roasted Broccoli
THURSDAY	Baked Beans, Sauteed Cabbage
FRIDAY	Hashbrowns, Corn on the Cob

Nutrition Information is available upon request.

