

# Sci High Lunch Menu

## January 27th-31st, 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

<b>MONDAY</b>	White Beans & Rice w/ Cornbread
<b>TUESDAY</b>	Breakfast for Lunch
<b>WEDNESDAY</b>	Chinese Food Bar
<b>THURSDAY</b>	BBQ Chicken w/ Mac & Cheese
<b>FRIDAY</b>	NO SCHOOL

### Fresh Sandwiches/Subs

*Made to order daily*

### DELI

<b>MONDAY</b>	Turkey & Cheese Sandwich
<b>TUESDAY</b>	Turkey & Cheese Sandwich
<b>WEDNESDAY</b>	Turkey & Cheese Sandwich
<b>THURSDAY</b>	Turkey & Cheese Sandwich
<b>FRIDAY</b>	NO SCHOOL

### SALADS

### A Variety of Specialty Salads

*Served with WGR Bread or Crackers*

<b>MONDAY</b>	Chicken Salad
<b>TUESDAY</b>	Chicken Salad
<b>WEDNESDAY</b>	Chicken Salad
<b>THURSDAY</b>	Chicken Salad
<b>FRIDAY</b>	NO SCHOOL

### PIZZA

### Made Fresh Daily

*Featuring your Favorite Toppings*

<b>MONDAY</b>	Cheese Pizza, Pepperoni Pizza
<b>TUESDAY</b>	Cheese Pizza, Pepperoni Pizza
<b>WEDNESDAY</b>	Cheese Pizza, Pepperoni Pizza
<b>THURSDAY</b>	Cheese Pizza, Pepperoni Pizza
<b>FRIDAY</b>	NO SCHOOL

### GRILL

### Hot Grab N Go Items

*Made Fresh Daily*

<b>MONDAY</b>	BBQ Chicken Sandwich
<b>TUESDAY</b>	BBQ Chicken Sandwich
<b>WEDNESDAY</b>	BBQ Chicken Sandwich
<b>THURSDAY</b>	BBQ Chicken Sandwich
<b>FRIDAY</b>	NO SCHOOL

*This institution is an equal opportunity provider.*

Nutrition Information is available upon request.

CROSSROADS  
**CAFE**  
by *sodexo*

Italian Pasta Bar!

**V** Your choice of Pasta, Chicken or Meatballs,



- MONDAY** Pasta Bar
- TUESDAY** Pasta Bar
- WEDNESDAY** Pasta Bar
- THURSDAY** Pasta Bar
- FRIDAY** NO SCHOOL

Our Daily Vegetable Offering

*Tater tots available on select days*



- MONDAY** Collard Greens, Peas & Carrots
- TUESDAY** Hashbrowns, Baked Beans
- WEDNESDAY** Sauteed Cabbage, Sweet Potato Wedges
- THURSDAY** Roasted Summer Squash, Corn on the Cob
- FRIDAY** NO SCHOOL

Nutrition Information is available upon request.

