

Sci High Lunch Menu

March 30th-April 3rd, 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 w/ Smoked Sausage
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

DELI

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

SALADS

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

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	Cheese Pizza, Pepperoni Pizza

GRILL

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.

CROSSROADS
CAFE
by *sodexo*

Taco & Nacho Bar!



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

CREATIONS

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

Our Daily Vegetable Offering

Tater tots available on select days

SIDES

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.

