

# Sci High Lunch Menu

November 11th-15th, 2019

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** 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

## DELI

- MONDAY** Buffalo Chicken Wrap
- TUESDAY** Buffalo Chicken Wrap
- WEDNESDAY** Buffalo Chicken Wrap
- THURSDAY** Buffalo Chicken Wrap
- FRIDAY** Friday Sandwich Special

## 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** Friday Sandwich 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 Sandwich Special

## GRILL

### Hot Grab N Go Items

Made Fresh Daily

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

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** Sautéed Spinach, Vegetable Medley
- TUESDAY** Stewed Okra, Baked Beans
- WEDNESDAY** Roasted Broccoli, Romaine Side Salad
- THURSDAY** Peas & Carrots, Sweet Potato Wedges
- FRIDAY** Carrot Sticks, Potato Salad

Nutrition Information is available upon request.

