

Sci High Lunch Menu

November 4th-8th, 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** Red Beans & Rice w/ Cornbread
- TUESDAY** Breakfast for Lunch
- WEDNESDAY** Chinese Food Bar
- THURSDAY** Pork Chop w/ Gravy & Brown Rice
- FRIDAY** Friday Pizza Special

Fresh Sandwiches/Subs

Made to order daily

DELI

- MONDAY** Turkey & Cheese Sandwich
- TUESDAY** Turkey & Cheese Sandwich
- WEDNESDAY** Turkey & Cheese Sandwich
- THURSDAY** Turkey & Cheese Sandwich
- FRIDAY** Turkey & Cheese Sandwich

SALADS

A Variety of Specialty Salads

Served with WGR Bread or Crackers

- MONDAY** Chicken Salad
- TUESDAY** Chicken Salad
- WEDNESDAY** Chicken Salad
- THURSDAY** Chicken Salad
- FRIDAY** Chicken 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** BBQ Chicken Sandwich
- TUESDAY** BBQ Chicken Sandwich
- WEDNESDAY** BBQ Chicken Sandwich
- THURSDAY** BBQ Chicken Sandwich
- FRIDAY** BBQ Chicken Sandwich

This institution is an equal opportunity provider.

Nutrition Information is available upon request.



Italian Pasta Bar!

V Your choice of Pasta, Chicken or Meatballs,



- MONDAY** Pasta Bar
- TUESDAY** Pasta Bar
- WEDNESDAY** Pasta Bar
- THURSDAY** Pasta Bar
- FRIDAY** Pasta Bar

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, Roasted Corn
- FRIDAY** Hashbrowns, Corn on the Cob

Nutrition Information is available upon request.

