

High School

Complete Meal Price

MONDAY	15-Oct-18_)		
ENTREE		Hot Dogs Chicken Tenders	3 oz 3 oz/2 oz gr
POTATO		Mashed Potatoes	.5 c
Rice			
VEGETABLE		Green Beans Baked Beans	.5 c
BREAD			2 oz 2 oz
TUESDAY	16-Oct-18_)		
ENTREE		Beef Stew Bauernwurst	3 oz 3 oz
POTATO		Spaetzel	.5 c
Rice			
VEGETABLE		Brasied Cabbage	.5 c
BREAD		WG Dinner Rolls Rye and Pumpernickel	2 oz
WEDNESDA	17-Oct-18_)		
ENTREE		Bavarian Chicken Weisswurst	3 oz 3 oz
Poatato		German Potato Bake	.5 c
VEGETABLE		Brasied Cabbage Mixed Veg	.5 c
BREAD		WG Dinner Rolls Rye and Pumpernickel	2 oz
THURSDAY	18-Oct-18_)		
ENTREE		Braised Pork Chops Keilbasi	3 oz 3 oz
Potato		Potato Pancakes	.5 c
VEGETABLE		Braised Cabbage	.5 c
BREAD		WG Dinner Rolls Rye and Pumpernickel	2 oz
FRIDAY	12-Oct-18_)		
ENTREE		Pizza Codfish	3oz g/2 oz ch 3 oz/2 oz gr
POTATO		Escaloped Potatoes	.5 c
VEGETABLE		Mixed Veg	.5 c
BREAD		WG Dinner Rolls	2 oz

Students: \$3.00

Faculty: \$3.50

1 entrée, veg., potato, bread,
and low fat white or chocolate milk

From the Deli Station

Assorted Sandwiches are available every day

Turkey and Cheese or Italian (3 oz meat/cheese)

All Sandwiches come with lettuce and tomato

served on variety of breads, including

Whole Wheat, Whole Grain White, and Whole Grain Rye

Salads available every day, can be used as Veg

Garden - 1 c Romaine and Mesclun,

1/4 c Red Peppers, Carrots, Cucumbers

Caesar - 1 c Romaine, Croutons, and Parm Cheese

3 Bean - 1 c Kidney, Garbanzo, and Black Beans

Quinoa - 1 c Quinoa, Corn, Tomatoes, Black Beans

(3/4 c Corn/Tomatoes, 1/4 c Quinoa/Beans)

Fruits

Apples, Oranges, Bananas

Fruit Cups (1 c)

This Week's Vegetables

Dark Romaine, Mesclun

Red/Orange Tomatoes, Carrots,

Beans/Peas Black, Kidney, Garbanzo

Peas

Starchy Potato, Corn

Other V-8

Cabbage

Green Beans

Beverages

1% White Milk

Fat Free Chocolate Milk