

YSHS/MMS Lunch Menu - SEPTEMBER



Food Service Director: Michelle Martin
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The Grille

Breaded Chicken Sandwich
 Cheeseburger on a Bun
 Spicy Chicken Sandwich
 Vegetarian Burger on a Bun

The Garden

Chicken Caesar Salad
 Garden Salad with Cheese
 Chef Salad
 Breaded Chicken Salad

The Pizzeria

CHOICES CHANGE DAILY:
 Hot Buffalo Chicken Pizza
 Mexican Pizza
 Pepperoni Pizza
 Mozzarella Cheese Pizza
 California Chicken Bacon Ranch Pizza
 Broccoli & Cheese Pizza

Grab & Go

A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!

Options

Monday	Tuesday	Wednesday	Thursday	Friday
2 LABOR DAY No School	3 Salisbury Steak with Gravy Mashed Potatoes Dinner Roll Steamed Carrots Sliced Apples Fat Free Milk	4 2 Hr LATE START Chicken Alfredo over Pasta Garlic Breadstick Steamed Broccoli Sliced Peaches Fat Free Milk	5 Buffalo Chicken Dip Tortilla Chips Refried Beans Mandarin Oranges Fat Free Milk	6 Toasted Cheese and Tomato Soup Seasoned Green Beans Apple Sauce Fat Free Milk
9 Sloppy Joe on a Bun Oven Fries Diced Peaches Fat Free Milk	10 Pork Carnitas Soft Tacos Seasoned Rice Sweet Corn Kernels Chilled Pears Fat Free Milk	11 Spaghetti w/ Meatballs Garlic Breadstick Seasoned Carrots Pineapple Tidbits Fat Free Milk	12 Popcorn Chicken Bowl Popcorn Chicken Mashed Potatoes Steamed Corn Mixed Fruit Fat Free Milk	13 Italian Dunkers with Marinera Sauce Caesar Salad Cinnamon Apples Low Fat Milk
16 Chicken Cheesesteak Oven Fries Steamed Carrots Pineapple Chunks Fat Free Milk	17 Breakfast for Lunch French Toast Sticks Sausage Links Tator Tots Apple Sauce Fat Free Milk	18 2 Hr LATE START Meatball Hoagie with Shredded Cheese Seasoned Green Beans Chilled Pears Fat Free Milk	19 Breaded Chicken Strips Dinner Roll Steamed Corn Fruit Cup Fat Free Milk	20 Nacho Grande Seasoned Beef over Tortilla Chips with cheese and salsa Steamed Rice Steamed Broccoli Peaches Fat Free Milk
23 Hot Ham and Cheese Potato Wedges Green Beans Diced Peaches Fat Free Milk	24 Buffalo Chicken Mac & Cheese Dinner Roll Carrot Coins Chilled Pears Fat Free Milk	25 Open Face Hot Turkey with Gravy Mashed Potatoes Corn Kernels Mixed Fruit Fat Free Milk	26 Chicken & Cheese Quesadilla Sante Fe Rice Refried Beans Mandarin Oranges Fat Free Milk	27 BBQ Chicken Dunkers Field Green Salad Apple Sauce Fat Free Milk
30 Baha Fish Taco w/ Spicy Ranch Seasoned Rice Steamed Green Beans Chilled Peaches Fat Free Milk				

The Deli

Spicy Italian Hoagie
 Buffalo Chicken
 Oven Roasted Turkey and Cheese
 Ham & Cheese
 Tuna Salad

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

*Vegetable Bar includes:

Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber

*Fruits include:

Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce

Milk

Milk Choices Offered Daily:
 1% white, non-fat white, non-fat flavored

Proud to manage your food service program

Lunch Prices: Paid \$3.00 Reduced \$4.40

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE