# Yellow Springs Middle/High School Lunch Menu

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<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td><strong>The Grille</strong></td>
<td>Breaded Chicken Sandwich</td>
<td>Cheeseburger on a Bun</td>
<td>Spicy Chicken Sandwich</td>
<td>Vegetarian Burger on a Bun</td>
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<td>Whole Grains Available Daily</td>
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<td>Chicken Caesar Salad</td>
<td>Garden Salad with Cheese</td>
<td>Chef Salad</td>
<td>Breaded Chicken Salad</td>
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<td><strong>The Garden</strong></td>
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<td></td>
<td>Breaded Chicken Strips</td>
<td>Ham and Potato Casserole</td>
<td>Teriyaki Chicken over Rice</td>
<td>Pasta with Meatballs</td>
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<td></td>
<td>Dinner Roll</td>
<td>WG Dinner Roll</td>
<td>Oriental vegetables</td>
<td>Marinera Sauce</td>
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<td></td>
<td>Steamed Carrot Coins</td>
<td>Diced Peaches</td>
<td>Dinner Roll</td>
<td>Garlic Breadstick</td>
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<td></td>
<td>Mixed Fruit</td>
<td>Low-Fat Milk</td>
<td>Mandarine Oranges</td>
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<td>Choices Change Daily:</td>
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<td>Hot Buffalo Chicken Pizza</td>
<td>Mexican Pizza</td>
<td>Peperoni Pizza</td>
<td>Mexican Pizza</td>
<td>Spicy Italian Hoagie</td>
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<td>Pepperoni Pizza</td>
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<td>Buffalo Chicken</td>
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<td>California Chicken Bacon Ranch Pizza</td>
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<td>Mozzarella Cheese Pizza</td>
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<td>Oven Roasted Turkey and Cheese</td>
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<td>Broccoli &amp; Cheese Pizza</td>
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<td>Crisp Apple</td>
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<td>Pineapple Tidbits</td>
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<td>A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!</td>
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**Monday**
- Breaded Chicken Sandwich
- Cheeseburger on a Bun
- Spicy Chicken Sandwich
- Vegetarian Burger on a Bun

**Tuesday**
- Dinner Roll
- Steamed Carrot Coins
- Chilled Pears
- Low-Fat Milk

**Wednesday**
- Teriyaki Chicken over Rice
- Oriental vegetables
- Dinner Roll
- Mandarine Oranges
- Low-Fat Milk

**Thursday**
- Jasper Bowl
- Seasoned Chicken
- Black Beans, Corn Salsa, Seasoned Rice
- Dinner Roll
- Mandarine Oranges
- Low-Fat Milk

**Friday**
- Turkey Broccoli Cheddar Pocket
- Garden Salad with Reduced Fat Dressing
- Chilled Applesauce
- Low-Fat Milk

**Monday**
- Breaded Chicken Sandwich
- Cheeseburger on a Bun
- Spicy Chicken Sandwich
- Vegetarian Burger on a Bun

**Tuesday**
- Oven Baked Chicken
- Mashed Potatoes
- WG Dinner Roll
- Sliced Peaches
- Low-Fat Milk

**Wednesday**
- Breakfast for Lunch
- WG Pancakes w/ Syrup
- Sausage Patties
- Hash Brown Rounds
- 100% Fruit Juice
- Low-Fat Milk

**Thursday**
- Hot Wing Hoagie
- Seasoned Carrots
- Chilled Apple Sauce
- Low-Fat Milk

**Friday**
- Italian Dunkers
- Marinera Sauce
- Caesar Salad
- Chilled Pears
- Low-Fat Milk

**Monday**
- Breaded Chicken Strips
- Dinner Roll
- Steamed Carrot Coins
- Chilled Pears
- Low-Fat Milk

**Tuesday**
- Ham and Potato Casserole
- WG Dinner Roll
- Diced Peaches
- Low-Fat Milk

**Wednesday**
- Teriyaki Chicken over Rice
- Oriental vegetables
- Dinner Roll
- Mandarine Oranges
- Low-Fat Milk

**Thursday**
- Pasta with Meatballs
- Marinera Sauce
- Garlic Breadstick
- Mixed Fruit
- Low-Fat Milk

**Friday**
- Italian Dunkers
- Marinera Sauce
- Caesar Salad
- Chilled Pears
- Low-Fat Milk

**Monday**
- Chili Cheese Dogs
- Steamed Green Beans
- Mixed Fruit
- Low-Fat Milk

**Tuesday**
- Chicken Nuggets
- Dinner Roll
- Buttered Corn Peaches
- Low-Fat Milk

**Wednesday**
- Burrito Bowl
- Seasoned Chicken, Black Beans, Corn Salsa, Seasoned Rice
- Dinner Roll
- Mandarine Oranges
- Low-Fat Milk

**Thursday**
- Salisbury Steak with Gravy
- WG Dinner Roll
- Mashed Potatoes
- Pineapple Tidbits
- Low-Fat Milk

**Friday**
- Turkey Broccoli Cheddar Pocket
- Garden Salad with Reduced Fat Dressing
- Chilled Applesauce
- Low-Fat Milk

**Monday**
- Corndog Nuggets
- Dinner Roll
- Steamed Carrots
- Mixed Fruit
- Low-Fat Milk

**Tuesday**
- Broken Taco with Seasoned Beef & Cheese
- Sante Fe Rice
- Refried Beans
- Pineapple Tidbits
- Low-Fat Milk

**Wednesday**
- Meatball Hoagie with Shredded Cheese
- Oven Baked Potato
- Orange Smiles
- Low-Fat Milk

**Thursday**
- Chicken Broccoli Alfredo
- Garlic Bread stick
- Caesar Salad
- Mandarin oranges
- Low-Fat Milk

**Friday**
- Turkey Broccoli Cheddar Pocket
- Garden Salad with Reduced Fat Dressing
- Chilled Applesauce
- Low-Fat Milk

**Monday**
- French Onion Chicken Sandwich
- Seasoned Carrots
- Sliced Peaches
- Low-Fat Milk

**Tuesday**
- Popcorn Chicken Bowl
- Breaded Chicken
- Mashed Potatoes, Corn, Gravely
- Dinner Roll
- Diced Pears
- Low-Fat Milk

**Wednesday**
- Bacon Cheese Burger on bun
- Baked Beans
- Fruited Gelatin
- Low-Fat Milk

**Thursday**
- Happy Halloween! Baked Potato Bar
- Chili, Cheese Sauce, Steamed Broccoli
- Dinner Roll
- Applesauce
- Low-Fat Milk

**Friday**
- Turkey Broccoli Cheddar Pocket
- Garden Salad with Reduced Fat Dressing
- Chilled Applesauce
- Low-Fat Milk

**Holiday Treat**

**MENUS SUBJECT TO CHANGE**

Lunch Prices: Paid $3.00 Reduced $.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