| Page 10 | Breakfast | Mini Pancakes  
OR  
PopTart & Cereal  
Raisels  
Fruit Juice  
| Lunch | Chicken Nuggets  
OR  
Steak Fingers  
Wheat Roll  
OR  
Strawberry Yogurt  
Parfait with Muffin  
Green Beans  
Fresh Vegetable of the Day  
Fruit Cup  
Fruit Juice  
| 11  
Breakfast | Chocolate Filled Crescent Roll  
OR  
PopTart & Cereal  
Craisins  
Fruit Juice  
| Lunch | Pepperoni Pizza/Cheese Pizza  
OR  
Sweet/Sour Chicken w/ Seasoned Rice and Wheat Roll  
OR  
Italian Sub Sandwich  
French Fries  
Whole Kernel Corn  
Fresh Vegetable of the Day  
Fruit Cup, Fruit Juice  
| 14  
Breakfast | Mini Waffles  
OR  
PopTart & Cereal  
Raisels  
Fruit Juice  
| Lunch | Beef/Cheese Nachos  
H/S Chicken Sandwich  
Blueberry Yogurt Parfait w/ Muffin  
Refried Beans  
French Fries  
Fresh Vegetable of the Day  
Fruit Cup  
Fruit Juice  
| 15  
Breakfast | French Toast & Sausage  
OR  
Toast & Cereal  
Raisels, Fruit Juice  
| Lunch | Hamburger/Cheeseburger  
Brd. Mozzarella Sticks w/ Marinara Dip  
OR  
Crispy Buffalo Chicken Salad w/ Wheat Roll  
French Fries  
Green Beans  
Fresh Veg. of the Day  
Fruit Cup, Fruit Juice  
| 16  
Breakfast | Breakfast Pizza  
OR  
Toast & Cereal  
Craisins  
Fruit Juice  
| Lunch | Chicken Tenders  
OR  
Chicken Fried Steak  
Wheat Roll  
OR  
Fruit & Cheese Plate w/ Muffin  
Mashed Potatoes w/ Cream Gravy  
Whole Kernel Corn  
Fresh Vegetable of the Day  
Fruit Cup  
Fruit Juice  
| 17  
Breakfast | Glazed Donut & String Cheese  
OR  
PopTart & Cereal  
Craisins  
Fruit Juice  
| Lunch | Chicken Alfredo w/ Garlic Roll  
OR  
Fiestada Pizza  
OR  
Grilled Cheese Sandwich  
OR  
Ham/Cheese Sub Sandwich  
Steamed Broccoli  
Crispy Cut Carrots  
Fresh Veg. of the Day  
Fruit Cup, Fruit Juice  
| 18  
Breakfast | Chicken & Waffles  
OR  
Toast & Cereal  
Craisins  
Fruit Juice  
| Lunch | Pepperoni Pizza/Cheese Pizza  
OR  
Breaded Chicken Drumstick with Texas Toast  
OR  
Turkey/Chesse Wrap  
French Fries  
Corn on the Cob  
Fresh Vegetable of the Day  
Fruit Cup, Fruit Juice  

*Contains Pork  
Fresh fruit offered daily  
Menu Subject to change due to product availability

In accordance with federal civil rights laws and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language, should contact the responsible state or local agency that administers the programs or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Compliant should complete a Form AD-3027 U.S.D.A. Program Discrimination Complaint Form which can be obtained online at http://www.usda.gov/ndis/narte/files/documents/USDA-OAS/ROD/ComplaintForm-2008-0022-5011-06-2110.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. This letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by mail, U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax (202) 690-7442; or email program.intake@usda.gov. This institution is an equal opportunity provider.
### High School Menu

**AUGUST 2023**

**BREAKFAST**: Student $2.25 • Reduced $0.30 • Adult: a la carte  
**LUNCH**: Student $3.55 • Reduced $0.40 • Adult: $5.00

**BREAKFAST**: Toast or PopTart & Cereal offered daily. Includes choice of milk.  
**LUNCH**: Includes entrée, vegetable, fruit & choice of milk.

<table>
<thead>
<tr>
<th>Day</th>
<th>BREAKFAST</th>
<th>LUNCH</th>
</tr>
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| 21  | Bagel w/ Cream Cheese Filling  
   OR  
   PopTart & Cereal  
   Craisins, Fruit Juice | LUNCH:  
   Soft Beef Tacos  
   w/ Mexican Rice  
   OR  
   Hot/Spicy Chicken Sandwich  
   OR  
   Strawberry Yogurt  
   Parfait w/ Muffin  
   French Fries  
   Refried Beans  
   Fresh Vegetable of the Day  
   Fruit Cup  
   Fruit Juice |
| 22  | Pancake & Scrambled Eggs  
   OR  
   PopTart & Cereal  
   Craisins, Fruit Juice | LUNCH:  
   Hamburger/Cheeseburger  
   OR  
   Macaroni & Cheese  
   w/ Fish Nugglets and Wheat Roll  
   OR  
   Crispy Caesar  
   Chicken Salad  
   w/ Wheat Roll  
   French Fries  
   Green Beans  
   Fresh Veg. of the Day  
   Fruit Cup  
   Fruit Juice |
| 23  | Mini Cinnis  
   OR  
   Toast & Cereal  
   Craisins, Fruit Juice | LUNCH:  
   Chicken Nuggets  
   OR  
   Steak Fingers  
   Wheat Roll  
   OR  
   Mango Yogurt  
   Parfait w/ Muffin  
   Mashed Potatoes  
   w/ Cream Gravy  
   Peas & Carrots  
   Fresh Vegetable of the Day  
   Fruit Cup  
   Fruit Juice |
| 24  | Chicken Biscuit  
   Sandwich  
   OR  
   PopTart & Cereal  
   Craisins, Fruit Juice | LUNCH:  
   *Pepperoni Calzone/Cheese Calzone  
   w/ Marinara Dip  
   OR  
   Crispy Chicken Sandwich  
   OR  
   Cold Cut Combo  
   Sub Sandwich  
   Steamed Broccoli  
   French Fries  
   Fresh Vegetable of the Day  
   Fruit Cup  
   Fruit Juice |
| 25  | Fruit Filled Frudel Strudel  
   OR  
   Toast & Cereal  
   Craisins, Fruit Juice | LUNCH:  
   Pepperoni Pizza/Cheese Pizza  
   OR  
   Western BBQ Sandwich  
   OR  
   Crispy Buffalo  
   Chicken Wrap  
   Crispy Breaded Onion Rings  
   Whole Kernel Corn  
   Fresh Vegetable of the Day  
   Fruit Cup  
   Fruit Juice |
| 26  | Breakfast Pizza  
   OR  
   PopTart & Cereal  
   Craisins, Fruit Juice | LUNCH:  
   Chili Frito Pie  
   w/ Texas Toast  
   OR  
   Hot/Spicy Chicken Sandwich  
   OR  
   Blueberry Yogurt  
   Parfait w/ Muffin  
   Tater Tots  
   Steamed Broccoli  
   Fresh Vegetable of the Day  
   Fruit Cup  
   Fruit Juice |
| 27  | Waffles w/ Strawberries  
   & Cream  
   OR  
   Toast & Cereal  
   Craisins, Fruit Juice | LUNCH:  
   Hamburger/Cheeseburger  
   OR  
   Breaded Cheese  
   Bites w/ Marinara Dip  
   OR  
   Crispy Chicken  
   Salad w/ Wheat Roll  
   French Fries  
   Baked Beans  
   Fresh Vegetable of the Day  
   Fruit Cup  
   Fruit Juice |
| 28  | Cinnamon Roll & String Cheese  
   OR  
   Toast & Cereal  
   Craisins, Fruit Juice | LUNCH:  
   *Pepperoni Calzone/Cheese Calzone  
   w/ Marinara Dip  
   OR  
   Crispy Chicken Sandwich  
   OR  
   Cold Cut Combo  
   Sub Sandwich  
   Steamed Broccoli  
   French Fries  
   Fresh Vegetable of the Day  
   Fruit Cup  
   Fruit Juice |
| 29  | Mini Pancakes  
   OR  
   Toast & Cereal  
   Craisins, Fruit Juice | LUNCH:  
   Beef Lasagna  
   Garlic Breadstick  
   OR  
   Crispy Chicken Sandwich  
   OR  
   Strawberry Yogurt  
   Parfait w/ Muffin  
   French Fries  
   California Blend  
   Fresh Vegetable of the Day  
   Fruit Cup  
   Fruit Juice |
| 30  | Sausage & Biscuit w/ Gravy  
   OR  
   PopTart & Cereal  
   Craisins, Fruit Juice | LUNCH:  
   Pepperoni Pizza/Cheese Pizza  
   OR  
   Mango/Habanero Chicken Bites  
   w/ Wheat Roll  
   OR  
   *Turkey Club Wrap  
   French Fries  
   Whole Kernel Corn  
   Fresh Vegetable of the Day  
   Fruit Cup  
   Fruit Juice |
| 31  | Toast or PopTart & Cereal offered daily. Includes choice of milk.  
   • Fresh fruit offered daily  
   • Menu Subject to change due to product availability | *Contains Pork

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