



# High School Main Café Lunch Menu

December 2019

2

## Southwest Meatloaf with Gravy

Served with Mashed Potatoes and a Dinner Roll  
Seasoned Corn  
Mashed Potatoes  
Fresh Fruit and Veggie Bar

3

## Kickin' Rice, Beef and Bean Bowl

Green Beans with Carrots  
French Fries  
Fresh Fruit and Veggie Bar

4

## General Tso's Beef with Vegetables

Served over Rice  
  
Tater Tots  
Fresh Fruit and Veggie Bar

5

## Chili Mac with a Corn Muffin

Chipotle Beans  
Mashed Potatoes  
Fresh Fruit and Veggie Bar

6

## Sausage and Red Beans

Served over Rice  
  
Seasoned carrots  
Tater Tots  
Fresh Fruit and Veggie Bar

9

## Chicken Fried Steak with a Biscuit

Roasted Zucchini  
Mashed Potatoes  
Fresh Fruit and Veggie Bar

10

## Tex Mex Popcorn Chicken with Sante Fe Rice

Fresh Roasted Carrots  
Tater Tots  
Fresh Fruit and Veggie Bar

11

## Country Chicken Nugget Bowl

Kickin' Pinto Beans  
Mashed Potatoes  
Fresh Fruit and Veggie Bar

12

## Chicken and Waffle Bowl with Cheesy Eggs and a hash brown patty

Seasoned Green Beans  
Potato Patty  
Fresh Fruit and Veggie Bar

13

No School

Staff  
Development  
Day

16

## Salisbury Steak and Gravy with Noodles

Seasoned Peas  
Mashed Potatoes  
Fresh Fruit and Veggie Bar

17

## Popcorn Chicken Teryaki with Broccoli and Steamed Rice

Seasoned Green Beans  
French Fries  
Fresh Fruit and Veggie Bar

18

## Alfredo Mac and Cheese with Basil Chicken

Served with a Breadstick  
Seasoned Carrots  
Mashed Potatoes  
Fresh Fruit and Veggie Bar

19

## Pepper Jack Burger with Cajun Salsa on a Bun

Baked Beans  
French Fries  
Fresh Fruit and Veggie Bar

20

## Walking Taco with Chili and Cheese Sauce

Steamed Broccoli  
Tater Tots  
Fresh Fruit and Veggie Bar

## No School, Winter Break

**Look for new Grab and Go options too!**  
Daily Served Grill items include: Spicy and Regular Chicken Patties, Burger and a Fish Sandwich

**Tortilla, Corner Crust and Green Street Deli have made to order items as well as daily specials!**