



High School Main Café Lunch Menu

September 2019

2

No School
Labor Day

3

**Popcorn Chicken
Teryaki with Broccoli
and Steamed Rice**

Seasoned Green Beans
French Fries
Fresh Fruit and Veggie
Bar

4

**Alfredo Mac and Cheese
with Basil Chicken**

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

5

**Pepper Jack Burger
with Cajun Salsa on a
Bun**

Baked Beans
French Fries
Fresh Fruit and Veggie
Bar

6

**Walking Taco with
Chili and Cheese
Sauce**

Steamed Broccoli
Tater Tots
Fresh Fruit and Veggie
Bar

9

**Breaded Chicken
Drumstick served with
biscuit**

Baked Beans
Tater Tots
Fresh Fruit and Veggie
Bar

10

**Parmesan Chicken
Spaghetti w/ Sauce**

Steamed Green Beans
Mashed Potatoes w/
Gravy
Fresh Fruit and Veggie
Bar

11

**Breakfast for Lunch:
Ham egg and Cheese
on a Biscuit**

Orange Glazed Carrots
Tater Tots
Fresh Fruit and Veggie
Bar

12

**Fried Rice served with
Vegetable Egg Roll**

Mashed Potatoes with
gravy
Fresh Fruit and
Veggie Bar

13

**Buzzer Beater
Basket: Chicken, Fries
and a Breadstick**

Seasoned Corn
French Fries
Fresh Fruit and Veggie
Bar

16

**Breaded Fish Bites
with Siracha Dipping
sauce**

Served with a Dinner Roll

Seasoned Peas
Tater Tots
Fresh Fruit and Veggie bar

17

**Country Chicken and
Mashed Potato Bowl**

Roasted Cauliflower
Mashed Potatoes with
gravy
Fresh Fruit and
Vegetable Bar

18

**Walking Taco with
Cheese Sauce**

Choice of Toppings

Steamed Carrots
Tater Tots
Fresh Fruit and Veggie Bar

19

**Sweet and Sour
Popcorn Chicken
served with Rice**

Campfire Beans
Mashed Potatoes with
Gravy
Fresh Fruit and Veggie
Bar

20

**Chili Fries Bowl
served with a Pretzel
Roll**

Steamed Broccoli
French Fries
Fresh Fruit and Veggie
Bar

23

**Southwest Meatloaf
with Gravy**

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

24

**Kickin' Rice, Beef and
Bean Bowl**

Green Beans with
Carrots
French Fries
Fresh Fruit and Veggie
Bar

25

**General Tso's Beef
with Vegetables**

Served over Rice

Tater Tots
Fresh Fruit and
Veggie Bar

26

**Chili Mac with a Corn
Muffin**

Chipotle Beans
Mashed Potatoes
Fresh Fruit and Veggie
Bar

27

**Sausage and Red
Beans**

Served over Rice

Seasoned carrots
Tater Tots
Fresh Fruit and
Veggie Bar

30

**Chicken Fried Steak
with a Biscuit**

Roasted Zucchini
Mashed Potatoes
Fresh Fruit and Veggie
bar

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!**