

# High School Lunch Menu 2019

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| <b>Bosco Stick (28g)</b><br><b>Marinara Sauce (4g)</b><br><b>Pick Your Pancake (36g)</b><br>Plain, Blueberry, Confetti<br>Sausage Patties (2g)*<br>Mandarin Oranges (20g)<br>Sweet Crinkle Fries (17g) | <b>Top and Go (28g)</b><br><b>w/Beef Taco (5g)</b><br><b>Cheese Quesadilla Pizza</b><br>100% Fruit Sidekick (22g)<br>Refried Beans (23g)                                   | <b>Pick Your Sandwich</b><br><b>Grilled Cheese (24g) Sloppy Joe (35g) or Chicken (42g)</b><br>Curly Fries Seasoned<br>100% Juice (15-20g)<br>Fresh Cut Veggies (4-12g)<br>Hummus (17g)<br>Rice Krispie Treat (9g) | <b>Chicken and Waffle</b><br>(43g) (8g)<br><b>Bosco Stick (28g)</b><br><b>Marinara Sauce (4g)</b><br>Applesauce (17-22g)<br>Green Beans                                    | <b>French Bread Pizza</b><br>Pepperoni (33g)<br>Cheese (30g)<br><b>2 Hot Dogs (12g) (38g)</b><br>Strawberry or Peach Cup (19-22g)<br>Pasta Salad w/Veggies (41g) |
| <b>Bosco Stick (28g)</b><br><b>Marinara Sauce (4g)</b><br><b>Chicken Wings (13g)</b><br>Pineapple (18g)<br>Ranch Potatoes Casserole  | <b>Caesar Pasta Bowl w/ Chicken (43g)</b><br><b>Pretzel Rod (14g)</b><br><b>Cheese Calzone (33g)</b><br>100% Fruit Sidekick (22g)<br>Sweet Peas (12g)                      | <b>Cow Boy Burger (8g)</b><br>On a Bun (25g) w/ Cheese (3g)<br><b>Corn Dog (30g) *</b><br><b>Onion Rings (28g)</b><br>100% Juice (15-20g)<br>Fresh Cut Veggies (4-12g)<br>Hummus (17g)                            | <b>Philly Steak Sandwich (3g) (28g)</b><br><b>Bosco Stick (28g)</b><br><b>Marinara Sauce (4g)</b><br><b>Ranch Potato Wedges (17g)</b><br>Applesauce (17-22g)               | <b>Big Daddy Pizza</b><br>Pepperoni (24g) *<br>Cheese (24g)<br><b>Sriracha Chicken Bites (14g)</b><br>Strawberry or Peach Cup (19-22g)<br>Sweet Corn (16g)       |
| <b>Bosco Stick (28g)</b><br><b>Marinara Sauce (4g)</b><br><b>Chicken Drumsticks</b><br>Diced Pears (16g)<br>Hot Mixed Vegetables (4-12g)   | <b>Green Dragon Chef Choice (15-27g)</b><br>Brown Rice (37g)<br><b>Cheese Crunchers (41g)</b><br>100% Fruit Sidekick (22g)<br>Steamed Broccoli (5g)<br>Fortune Cookie (3g) | <b>Spicy Guajillo Chicken Wrap / w Ranch (43g)</b><br><b>2 Hot Dogs (12g) (38g)</b><br>100% Juice (15-20g)<br>Spiral Fries (15g)<br>Fresh Cut Veggies (4-12g)<br>Hummus (7g)                                      | <b>Chicken Caesar Salad w/Pretzel Stick (14g)</b><br><b>Bosco Stick (28g)</b><br><b>Marinara Sauce (4g)</b><br>Ranch Potato Wedges (17g)<br>Applesauce (17-22g)            | <b>French Bread Pizza</b><br>Pepperoni (33g)<br>Cheese (30g)<br><b>2 Hot Dogs (12g) (38g)</b><br>Strawberry or Peach Cup (19-22g)<br>Coin Carrots (6g)           |
| <b>Bosco Stick (28g)</b><br><b>Marinara Sauce (4g)</b><br><b>BBQ Chicken Bites</b><br>Peaches (12g)<br>Bake Beans (29g)<br>Cinnamon Goldfish (19g)   | <b>Meatball Sub (5g) (28g)</b><br><b>French Bread Pizza</b><br><b>Pepperoni (33g)</b><br><b>Cheese (30g)</b><br>100% Fruit Sidekick (22g)<br>Green Beans (4g)              | <b>Hamburger (2g) (25g) or Cheeseburger (3g) (25g)</b><br><b>Corn Dog (30g) *</b><br>100% Juice (15-20g)<br>Scalloped Potatoes<br>Fresh Cut Veggies (4-12g)<br>Hummus (7g)  | <b>French Toast Bites (76g)</b><br>Sausage Patties (2g) *<br><b>Bosco Stick (28g)</b><br><b>Marinara Sauce (4g)</b><br>Applesauce (17-22g)<br>Crinkle Sweet Potatoes (17g) | <b>Big Daddy Pizza</b><br>Pepperoni (24g) *<br>Cheese (24g)<br><b>Sriracha Chicken Bites (14g)</b><br>Strawberry or Peach Cup (19-22g)<br>Sweet Corn (16g)       |

- Offered Daily:**
- Yogurt or EZ Jammer Bag Lunch
  - Assorted Fresh Fruit
  - Tossed Salad/Fresh Veggies
  - Milk—1% Low Fat



**Skyward Payment, Low Balance**  
 For your convenience, visit: [www.slcs.us](http://www.slcs.us) and use Skyward to monitor your child's account and make payments. Low balance notices can also be setup.

**February 2019**

| Mon | Tue | Wed | Thur | Fri |
|-----|-----|-----|------|-----|
|     |     |     |      | 1   |
| 4   | 5   | 6   | 7    | 8   |
| 11  | 12  | ☺   | NL   | NS  |
| NS  | NS  | 20  | 21   | 22  |
| 25  | 26  | 27  | 28   |     |

**March 2019**

| Mon | Tue | Wed | Thur | Fri |
|-----|-----|-----|------|-----|
|     |     |     |      | 1   |
| 4   | 5   | NL  | 7    | ☺   |
| 11  | 12  | 13  | 14   | 15  |
| 18  | 19  | 20  | 21   | 22  |
| 25  | 26  | 27  | 28   | 29  |

**April 2019**

| Mon | Tue | Wed | Thur | Fri |
|-----|-----|-----|------|-----|
| NS  | NS  | NS  | NS   | NS  |
| 8   | 9   | 10  | 11   | 12  |
| 15  | 16  | 17  | 18   | NS  |
| 22  | 23  | 24  | 25   | 26  |
| ☺   | 30  |     |      |     |

**May 2019**

| Mon | Tue | Wed | Thur | Fri |
|-----|-----|-----|------|-----|
|     |     | 1   | 2    | 3   |
| 6   | 7   | 8   | 9    | 10  |
| ☺   | 14  | 15  | 16   | 17  |
| 20  | 21  | 22  | 23   | 24  |
| NS  | 28  | 29  | 30   | 31  |

**June 2019**

| Mon | Tue | Wed | Thur | Fri |
|-----|-----|-----|------|-----|
| 3   | 4   | ☺   | 6    | 7   |
| 10  | 11  | NL  | NL   | NL  |
| 17  | 18  | 19  | 20   | 21  |

NL (1/2 Day) NS (No School) Treat ☺

PRICES: Lunch - 3.40 • Reduced Lunch - .40 • Milk - .50

( ) Carb Count \*Turkey/Chicken

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