

SEPTEMBER 2017 HIGH SCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
COME JOIN US!! WE SERVE BREAKFAST FROM 7:45 AM TO 8:20 AM		WE ARE HIRING PART-TIME COOKS AND SUB COOKS. PLEASE VISIT WWW.GRINNELL-K12.ORG FOR MORE INFORMATION OR STOP BY THE DISTRICT OFFICE.		1 Baked Potato Bar w/ Dinner Roll OR Meatball Sub Sweet Potato Waffle Fries Celery Sticks Fresh Strawberries Milk
4 NO SCHOOL LABOR DAY	5 Crispy Chicken Fries w/ Bread Slice OR Cheese Quesadilla Pizza Green Beans Tossed Romaine Salad Pineapple Milk	6 Macaroni and Cheese w/WG Muffin OR Mozzarella Sticks w/ Marinara Sauce Steamed Broccoli Baby Carrots w/Ranch Strawberry Kiwi Slushie Milk	7 Breaded Chicken Patty on a Bun OR NEW! Fajita Chicken Pasta w/ Bread Stick Baked Beans Red and Green Pepper Strips Mandarin Orange Marshmallow Cup Milk	8 Pizza Crunchers (Pizza Sticks) OR Breaded Fish Sandwich Tossed Romaine Salad Fresh Cauliflower Fresh Melon Milk
11 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY	12 Chicken Nuggets OR Country Fried Steak (Pork) Bread Slice Steamed Corn Baby Carrots w/Ranch Applesauce Milk	13 Shredded Turkey w/Gravy Over Mashed Potatoes and Whole Grain Roll OR Pizza Burger Tossed Salad with Romaine Strawberries and Bananas Milk	14 Beef and Cheese Nachos w/Corn Tortilla Chips OR Hot Ham and Cheese Lettuce and Tomato Black Beans Grapes Milk	15 Cheesy Omelet and Pancakes OR Pork Patty on a Bun Potato Rounds Fresh Broccoli and Cucumbers w/Ranch Orange Juice Milk
18 Personal Cheese Pizza OR Loaded Mashed Potato Bowl Sweet Potato Fries Green Beans Pineapple Milk	19 Crispitoes w/Seasoned Brown Rice Tossed Romaine Salad Fresh Cauliflower Clementine Milk	20 Chicken Strips w/Dinner Roll OR Fiesta Personal Pizza Baked Beans Spinach Salad Peaches Milk	21 Biscuit and Sausage Gravy OR Cheesy Chicken Enchiladas w/Spanish Rice Baby Carrots Red and Green Pepper Strips Apple Milk	22 Shrimp Poppers with String Cheese OR Salisbury Steak w/Gravy and Dinner Roll Mashed Potatoes Fresh Broccoli Pineapple and Bananas Milk
25 Beef Soft Shell Taco w/Shredded Cheese OR Chicken, Cheese and Ranch Flatbread Shredded Lettuce, and Tomato, Refried Beans Mandarin Oranges Chocolate Chip Cookie Milk	26 Mandarin Orange Chicken OR Grilled Italian Chicken Seasoned Brown Rice Steamed Broccoli Celery Sticks w/Ranch Diced Pears Milk	27 Spaghetti w/Meat Balls OR Tiger Cheese Bread w/ Italian Dipping Sauce Green Beans Tossed Salad with Romaine Orange Wedges Milk	28 Mini Corn Dogs OR Stuffed Crust Pepperoni Pizza Steamed Peas Baby Carrots Apple Slices w/Cinnamon Milk	29 Cheeseburger OR Philly Cheese Steak Sandwich Tiger Tots Fresh Broccoli Kiwi Milk

USDA is an equal opportunity provider and employer. MENUS ARE SUBJECT TO CHANGE. Must take (3) of (5) components and (1) must be a fruit or vegetable to count as a USDA school food program meal. **FRUIT AND VEGETABLE BAR AVAILABLE WITH MEALS

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WEEKLY ALTERNATING MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza	Bacon Cheeseburger	Chicken Patty Sandwich or Spicy Chicken Sandwich	Sub Sandwich Bar	Breaded Cheese Sticks with Marinara Sauce
Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
NEW! TIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, Baby Carrots)	NEW! TIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, Baby Carrots)	NEW! TIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, Baby Carrots)	NEW! TIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, Baby Carrots)	NEW! TIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, Baby Carrots)
Ham and Cheese Deli Sandwich	Ham and Cheese Deli Sandwich	Ham and Cheese Deli Sandwich	Ham and Cheese Deli Sandwich	Ham and Cheese Deli Sandwich
Turkey and Cheese Deli Sandwich	Turkey and Cheese Deli Sandwich	Turkey and Cheese Deli Sandwich	Turkey and Cheese Deli Sandwich	Turkey and Cheese Deli Sandwich

WEEKLY MENU ITEMS CAN BE MADE INTO A REIMBURSABLE. THE FRUIT AND VEGETABLE ITEM ON THE MONTHLY MENU WILL BE OFFERED.
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