

SHS CYCLE MENU August/September 2018

	08/29/18	8/30	8/31
<p><b>Notice</b></p> <p>Grab &amp; Go Meal 9/19/18 Italian Sub(s) Or Veggie Wrap (W)</p> <p>Please indicate on the menu selection *** Sheet (s) for Sub, (W) for Wrap, ® for Roll</p>	<p>Grab &amp; Go Meal on 9/20/18 Ham &amp; Cheese on a Roll® or Turkey, Bacon, Cheese Sub (S)</p>	<p><b>LUNCH</b> Upside Down Day Waffle Sticks, Link Sausage Baby Cake Potatoes, Syrup &amp; Fruit</p>	<p><b>LUNCH</b> Pasta Penne W/WO Tomato Sauce, Italian Sausage, Bread Sticks, Veggie &amp; Fruit</p>
<p><b>9/3</b></p> <p><b>No School</b> Labor Day</p>	<p><b>9/4</b></p> <p><b>LUNCH</b> Chicken Nuggets, Baked French Fries, Vanilla Pudding, Veggie &amp; Fruit</p>	<p><b>9/5</b></p> <p><b>LUNCH</b> Meatball Grinders, Baked Potato Chips, Ice Cream Sandwich, Veggie &amp; Fruit</p>	<p><b>9/7</b></p> <p><b>No School</b> Retreat</p>
<p><b>9/10</b></p> <p><b>LUNCH</b> All Beef Hot Dog on a Whole Wheat Roll Chili W/Beans, Goldfish Crackers &amp; Fruit</p>	<p><b>9/11</b></p> <p><b>No School</b> Teachers Workshop</p>	<p><b>9/12</b></p> <p><b>LUNCH</b> Nachos, Tortilla Chips W/ Seasoned Beef, Lettuce, Tomatoes, Cheese, Salsa, Sour Cream &amp; Fruit</p>	<p><b>9/14</b></p> <p><b>LUNCH</b> Cheese Pizza Sticks, W/WO Dipping Sauce, Tossed Salad, Ice Cream &amp; Fruit</p>
<p><b>9/17</b></p> <p><b>LUNCH</b> Upside Down Day Blueberry Pancakes, Bacon Slices, Baby Cake Potatoes, Fruit &amp; Yogurt</p>	<p><b>9/18</b></p> <p><b>LUNCH</b> Popcorn Chicken, Vegetable Fried Rice Corn on the Cob &amp; Fruit</p>	<p><b>9/19</b></p> <p><b>LUNCH</b> Grab &amp; Go Italian Sub (S) or Veggie Wrap (W), Goldfish Crackers or Potato Chips, Carrot Stick or Celery Sticks, Banana or Orange, Juice, Choice</p>	<p><b>9/21</b></p> <p><b>LUNCH</b> Meatballs &amp; Spaghetti W/WO Red Sauce, Tossed Salad, Yogurt &amp; Fruit</p>
<p><b>9/24</b></p> <p><b>LUNCH</b> Hamburger or Cheeseburger on a Whole Wheat Roll, Baked Potato Chips, Pickles &amp; Fruit</p>	<p><b>9/25</b></p> <p><b>LUNCH</b> Chicken Tenders Baked French Fries, Veggie &amp; Fruit</p>	<p><b>9/26</b></p> <p><b>LUNCH</b> Tacos, Seasoned Beef on a Soft Shell, Lettuce, Tomatoes, Cheese, Salsa, Sour Cream &amp; Fruit</p>	<p><b>9/27</b></p> <p><b>LUNCH</b> Upside Down Day Pancakes, Sausage Links, Mini Baby Cake Potatoes, Syrup &amp; Orange Slices</p>
<p><b>Lunch Alternates:</b> #1 Peanut Butter &amp; Jelly, #2 Hot Dog, #3 Grilled Cheese, #4 House Salad</p>			

**Note 1: Fresh Fruit and other snacks are available every day at the snack counter.**  
**Note 2: 2% milk is available and is payable by separate check.**