

August 2013

High School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Pepperoni Pizza



Hamburger or Cheeseburger

Served Daily:



Salad



Chicken Sandwich



Yogurt Parfait

MEALTIME MESSAGE

Lunch \$2.75

Assorted Milk Choices Available Daily for Breakfast and Lunch: 1% White, Skim White, Fat Free Chocolate, Strawberry, and Vanilla

This Month's SC Grown Fresh Produce...

Steamed Squash



Cantaloupe



Fun Facts:

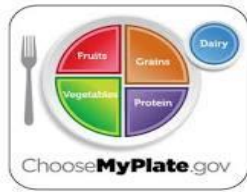
Even though most people identify squash with vegetables, from a botanical standpoint, they're considered fruits because they contain the seeds of the plant. Squash are divided into two categories -- summer and winter squash.

Cantaloupes belong to the same family as cucumber and squash, so it is considered a gourd. It is also a good source of Dietary Fiber, Niacin, Vitamin B6 and Folate, and a very good source of Vitamin A, Vitamin C and Potassium.

**** Contains Pork**

All Bread that is served in Lexington School District #1 is Whole Grain.

Menu Items subject to change based upon availability.



19
Lunch Entrées-Choose One
Macaroni & Cheese w/Roll
Mozzarella Cheese Stick
**Hot Dog w/Chili

Sides-Choose One or More
Green Beans, Parsley Potatoes
Pineapple Tidbits, Fresh Apple

20
Lunch Entrées-Choose One
BBQ Quesadillas
Toasted Cheese Sandwich
Chicken Tenders w/Breadstick

Sides-Choose One or More
Crinkle Cut French Fries, Steamed Broccoli
Fresh Strawberries, Fresh Orange

21
Lunch Entrées-Choose One
Spaghetti w/Cinnamon Roll
Buffalo Chicken Pizza
Deli Sandwich

Sides-Choose One or More
Caesar Salad, Steamed Squash *w/Fresh SC Grown Squash*
Mandarin Oranges, Cantaloupe *w/Fresh SC Grown Cantaloupe*

22
Lunch Entrées-Choose One
Baked Chicken w/Roll
Stuffed Crust Cheese Pizza
**BBQ Sandwich

Sides-Choose One or More
Baked Beans, Coleslaw
Sliced Peach, Fresh Banana

23
Lunch Entrées-Choose One
Japanese Cherry Blossom Chicken w/Rice
Garlic Cheesy Bread
**Corn Dog

Sides-Choose One or More
Corn, Baby Carrots
Applesauce, Fresh Grapes

26
Lunch Entrées-Choose One
Penne w/Spinach & Ham w/Roll
Sicilian Cheese Pizza Strips
**Hot Dog w/Chili

Sides-Choose One or More
Green Beans, Glazed Sweet Potatoes
Pineapple Tidbits, Fresh Apple

27
Lunch Entrées-Choose One
Cheesy Chicken Quesadillas
Toasted Cheese Sandwich
Chicken Tenders w/Breadstick

Sides-Choose One or More
Crinkle Cut French Fries, Sweet Peas
Fresh Strawberries, Fresh Orange

28
Lunch Entrées-Choose One
Lasagna w/Cinnamon Roll
Buffalo Chicken Pizza
Deli Sandwich

Sides-Choose One or More
Caesar Salad, Steamed Squash *w/Fresh SC Grown Squash*
Mandarin Oranges, Cantaloupe *w/Fresh SC Grown Cantaloupe*

29
Lunch Entrées-Choose One
Sweet & Sour Chicken w/Rice
Stuffed Crust Pepperoni Pizza
**Cuban Pork Sandwich

Sides-Choose One or More
Picante Pinto Beans, Veggie Cup
Sliced Peach, Fresh Banana

30
Lunch Entrées-Choose One
Tostitos w/Beef & Queso
Garlic Cheesy Bread
**Corn Dog

Sides-Choose One or More
Corn, Garden Salad
Applesauce, Fresh Grapes

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