



# December 2013



# High School Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>Lunch Entrées-Choose One</b> Twisted Chicken Alfredo w/Breadstick Philly Steak &amp; Swiss Sliders Nardone's Pepperoni Pizza Slice Clux Delux Original/Spicy Chicken Sandwich</p> <p><b>Sides-Choose One or More</b> Green Beans, Baked Sweet Potatoes <b>w/Fresh SC Grown Sweet Potatoes,</b> Diced Pears, Sliced Oranges</p>	<p>3</p> <p><b>Lunch Entrées-Choose One</b> Chicken Tenders w/Rice Gravy &amp; Roll Buffalo Chicken Pizza w/Ranch All American Hamburger/Cheeseburger Nardone's Pepperoni Pizza Slice</p> <p><b>Sides-Choose One or More</b> Crinkle Cut Fries, Steamed Broccoli <b>w/Fresh SC Grown Broccoli,</b> Sliced Peaches, Fresh Apples</p>	<p>4</p> <p><b>COLLABORATIVE DAY</b></p> <p><b>Lunch Entrées-Choose One</b> Cold Cut Deli Sub Sandwich or Wrap State Fair Corndog</p> <p><b>Sides-Choose One or More</b> Fresh Baby Carrots, Fresh Celery Sticks Rosati Ice 100% Fruit Juice, Fresh Fruit</p>	<p>5</p> <p><b>Lunch Entrées-Choose One</b> Cheesy Nachos w/ Chicken or Beef Green Dragon Chicken w/Rice &amp; Roll All American Hamburger/Cheeseburger Nardone's Pepperoni Pizza Slice</p> <p><b>Sides-Choose One or More</b> Sliced Tomatoes, Black-eyed Peas Applesauce, Fresh Pear</p>	<p>6</p> <p><b>Lunch Entrées-Choose One</b> Vegetable Soup w/ Grilled Cheese Specialty Pizza <b>**Gilardi Stuffed Crust Pepperoni Pizza</b> Clux Delux Original/Spicy Chicken Sandwich</p> <p><b>Sides-Choose One or More</b> Roasted Cauliflower, Green Peas Fresh Banana, Grape Juice</p>
<p>9</p> <p><b>Lunch Entrées-Choose One</b> Chicken Pot Pie w/Roll. Cuban Pork Flatbread Sandwich <b>**Gilardi Stuffed Crust Pepperoni Pizza</b> Clux Delux Original/Spicy Chicken Sandwich</p> <p><b>Sides-Choose One or More</b> Green Beans, Fresh Baby Carrots Fruit Cocktail, Fresh Apple</p>	<p>10</p> <p><b>Lunch Entrées-Choose One</b> Chicken Tenders w/Rice Gravy &amp; Roll Cheesy Garlic Bread All American Hamburger/Cheeseburger Nardone's Pepperoni Pizza Slice</p> <p><b>Sides-Choose One or More</b> Crinkle Cut Fries, Roasted Vegetables Pineapple, Sliced Oranges</p>	<p>11</p> <p><b>Lunch Entrées-Choose One</b> Lasagna w/Cinnamon Roll Buffalo Chicken Pizza w/Ranch <b>**Gilardi Stuffed Crust Pepperoni Pizza</b> Clux Delux Original/Spicy Chicken Sandwich Cold Cut Deli Sub Sandwich or Wrap</p> <p><b>Sides-Choose One or More</b> Spring Salad, Corn Peach Cup, Craisins</p>	<p>12</p> <p><b>Lunch Entrées-Choose One</b> Breakfast For Lunch Mozzarella Cheese Sticks w/Marinara All American Hamburger/Cheeseburger Nardone's Pepperoni Pizza Slice</p> <p><b>Sides-Choose One or More</b> Baked Beans, Coleslaw Mandarin Oranges, Fresh Banana</p>	<p>13</p> <p><b>Lunch Entrées-Choose One</b> Loaded Chili w/Cornbread Macaroni &amp; Cheese w/Roll <b>**Gilardi Stuffed Crust Pepperoni Pizza</b> Clux Delux Original/Spicy Chicken Sandwich</p> <p><b>Sides-Choose One or More</b> Parsley Potatoes, Steamed Broccoli <b>w/Fresh SC Grown Broccoli,</b> Applesauce, Orange Juice</p>
<p>16</p> <p><b>Lunch Entrées-Choose One</b> Cheesy Nachos w/ Chicken or Beef Green Dragon Chicken w/Rice &amp; Roll <b>**Gilardi Stuffed Crust Pepperoni Pizza</b> Clux Delux Original/Spicy Chicken Sandwich</p> <p><b>Sides-Choose One or More</b> Crinkle Cut Fries, Veggie Cup Sliced Peaches, Fresh Apples</p>	<p>17</p> <p><b>Holiday Meal</b></p> <p><b>Lunch Entrées-Choose One</b> Chicken Tenders w/Rice Gravy &amp; Roll Sliced Ham w/Mac &amp; Cheese &amp; Roll All American Hamburger/Cheeseburger Nardone's Pepperoni Pizza Slice</p> <p><b>Sides-Choose One or More</b> Green Beans, Baked Sweet Potatoes <b>w/Fresh SC Grown Sweet Potatoes,</b> Diced Pears, Sliced Oranges</p>	<p>18</p> <p><b>Lunch Entrées-Choose One</b> Rotini Pasta w/Meat Sauce &amp; /Cinnamon Roll Chili Cheese Fries <b>**Gilardi Stuffed Crust Pepperoni Pizza</b> Clux Delux Original/Spicy Chicken Sandwich Cold Cut Deli Sub Sandwich or Wrap</p> <p><b>Sides-Choose One or More</b> Caesar Salad, Steamed Squash Fruit Cocktail, Fresh Kiwi</p>	<p>19</p> <p><b>Lunch Entrées-Choose One</b> Buffalo Baked Chicken w/Roll Country Steak w/Mashed Potatoes &amp; Roll All American Hamburger/Cheeseburger Nardone's Pepperoni Pizza Slice</p> <p><b>Sides-Choose One or More</b> Picante' Pintos, Corn Applesauce, Fresh Pear</p>	<p>20</p> <p><b>Half Day for Students</b> (Breakfast Served Only)</p>
<p>23</p> <p>Winter Break (Holiday)</p>	<p>24</p> <p>Winter Break (Holiday)</p>	<p>25</p> <p>Winter Break (Holiday)</p>	<p>26</p> <p>Winter Break (Holiday)</p>	<p>27</p> <p>Winter Break (Holiday)</p>
<p>30</p> <p>Winter Break (Holiday)</p> <p></p>	<p>31</p> <p>Winter Break (Holiday)</p> <p></p>	<p>Non-Discrimination Statement: The U.S. Department of Agriculture (USDA) prohibits Discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender-identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint form, found online at <a href="http://www.ascr.usda.gov/complaint_filing_cust.html">http://www.ascr.usda.gov/complaint_filing_cust.html</a>, or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202)690-7442 or email at <a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a>. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800)845-6136 (in Spanish)..</p> <p style="text-align: center;"><b>Menu Items subject to change based upon product availability. Make payments easily &amp; safely using LunchPrepay.com</b></p>		

## MEALTIME MESSAGE

Lunch \$2.75

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

### Offered Daily:

Variety of Salads  
Yogurt Parfaits  
Cottage Cheese w/Fruit

This Month's SC Grown  
Fresh Produce....



Broccoli

Sweet Potatoes



### Fun Facts:

Sweet Potatoes are high in vitamins A and C,  
and are a good source of fiber.

Native Americans were growing sweet  
potatoes when Columbus arrived in 1492.

Broccoli consumption has increased over  
940 percent over the last 25 years  
To eliminate the smell of broccoli,  
add a slice of bread to the pot.

\*\* Contains Pork

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

Menu Items subject to  
change based upon  
availability.