

Salem High School Lunch Menu Aug/Sept 2017



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The Grille

Grilled Chicken Sandwich
Hamburger on a Bun
Breaded Chicken Sandwich
Hot Dogs

The Garden

Pepperoni and Cheese Salad
Garden Salad with Cheese
Chef Salad
Chicken Salad

The Pizzeria

Pepperoni Pizza
Mozzarella Cheese Pizza
Veggie Pizza
Buffalo Chicken Pizza
Calzones or Panini

Grab & Go

A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!

Options

MENUS SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
 Whole Grains Available Daily		23 Hot Bites Over Rice Broccoli Fresh Orange Choice of Milk	24 Mini Corn Dog Nuggets Dinner Roll Glazed Carrots Apple Choice of Milk	25 Meatball sub Steamed Corn Pineapple Choice of Milk
28 Mini Corndog Nuggets w/ Roll Glazed carrots Sliced peaches Choice of Milk	29 Popcorn Chicken Bowl w/ Roll Mashed Potatoes & Gravy Applesauce Choice of Milk	30 Rodeo Burger Glazed Carrots Pears Choice of Milk	31 Salisbury Steak Over Noodles Baked Beans Diced Peaches Choice of Milk	1 No School
4  No School	5 National Cheese Day! Macaroni & Cheese Green Beans Mix Fruit Choice of Milk	6 Broken Chicken Taco Refried Beans Apple Choice of Milk	7 Brunch 4 Lunch Pancakes w/ Sausage Sweet Potato Fries Diced Pears Choice of Milk	8 Walking Taco w/ Rice Buttered Corn Sliced Peaches Choice of Milk
11 Sweet and Sour Chicken Nuggets Bread Slice Cucumber Salad Mix Fruit Choice of Milk	12 BBQ Ribs on Bun Glazed Carrots Applesauce Choice of Milk	13 Cream Chicken over Biscuit Mashed Potatoes Diced Peaches Choice of Milk	14 Shredded BBQ Pork on Bun Baked Beans Fresh Oranges Choice of Milk	15 Spaghetti W/ Meat Sauce Bread Stick Romaine Salad w/ Dressing Red Apple Choice of Milk
18 Chicken & Veggie Stir Fry w/ Rice Green Beans Orange Choice of Milk	19 Corn Dog w/ Roll Black Bean Corn Salad Diced Pears Choice of Milk	20 Buffalo Chicken Dip over Nachos Steamed Corn Pineapple Tidbits Choice of Milk	21 Grilled Cheese Sandwich Steamed Broccoli Fresh Banana Choice of Milk	22 Mini Meatball Hoagie Glazed Carrots Mix Fruit Choice of Milk
25 Chicken Parmesan Sandwich Green Beans Fresh Apple Choice of Milk	26 Beef Nacho's on Chips Refried Beans Applesauce Choice of Milk	27 Hot Bites over Rice Glazed Carrots Fresh Banana Choice of Milk	28 Buffalo Chicken Alfaro Winter Blend Mix Fruit Choice of Milk	29 Saucy Meatballs w/ Rice Sweet Corn Diced Pears Choice of Milk

The Deli

Spicy Italian Hoagie
Buffalo Chicken
Oven Roasted Turkey and Cheese
Ham & Cheese

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

*Vegetable Bar includes:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*Fruits include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce

Milk

Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored

Proud to manage your food service program

Lunch Prices:
Paid \$2.35
Reduced \$1.40
Adult \$2.75

USDA is an equal opportunity provided and employer.

