



September 2007

HHS & HMS Lunch



School News

Minimum Requirements:
 Meat/Meat Alt: 2 oz.
 Grains/Breads: 8 svg./wk
 Fruit/Veg: ¾ c/day
 Milk (choices): 8 oz.

"USDA is an equal opportunity provider and employer."

* - New Menu Item of the Month
 Highlighted - Healthy Star Food



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3 No School

4
 Ravioli Casserole
 Cheeseburger/Bun
 Lettuce/Tom/Pickle
Steamed Broccoli
 Fries
 Fruit, Milk

5
 Fajita Wraps/Salsa
 Chicken Breast Strips
Corn on Cobb
 Potato Wedges
 Fruit, Roll, Milk

6
 Manager's Choice
 Baked Chicken
Lima Beans
 Mashed Potatoes/Gravy
 Fruit, Roll, Milk

7
 Pizza (catered at HHS)
 Ham/Cheese Sandwich
Veggie Blend Normandy
 Onion Rings
 Fruit, Milk

10
 Chicken Nuggets
 Baked Ham
Calif. Mixed Veggies
 Whipped Potatoes
 Fruit, Roll, Milk

11
 Taco Pie
 Corn Dog
Mexicali Corn
 Fries
 Fruit, Milk

12
 *Chicken a la King
 Chicken Patty Sandwich
Green Beans
 Scalloped Potatoes
 Fruit, Roll, Milk

13
 Manager's Choice
 Lasagna
Tossed Salad
 ½ Baked Potato
 Fruit, Toast, Milk

14
 Pizza (catered at HHS)
 Hot Dog/Bun
 Potato Wedges
Green Peas
 Fruit, Milk

17
 Sloppy Joe/Bun
 Beef Fingers
 Fries
Blackeyed Peas
 Fruit, Roll, Milk

18
 Salisbury Steak/Gravy
 Chicken Breast Strips
 Cheesy Potatoes
Veggie Blend Normandy
 Fruit, Roll, Milk

19
 Italian Spaghetti
 Chicken Rings
Green Beans
 Corn on Cobb
 Fruit, Toast, Milk

20
 Manager's Choice
 Beef-a-roni
 Sweet Potato Pie
Lima Beans
 Fruit, Roll, Milk

21
 Pizza (catered at HHS)
 Chicken Salad Wrap
Peas & Carrots
 Tater Tots
 Fruit, Milk

24
 Oven Crispy Fish
 Hot Dog/Bun
 Cabbage
Turnip Greens
 Cornbread, Fruit, Milk

25
 Hot Ham & Cheese Sand.
 Or Tuna Sandwich
 Mac & Cheese
5 way Mixed Veggies
 Fruit, Milk

26
 Chili Dog
 Mexican Bean Burrito
Corn
 Tossed Salad
 Fruit, Milk

27
 Manager's Choice
 Teriyaki Chicken Dippers
Broccoli/Cheese
 Brown Rice
 Fruit, Roll, Milk

28
 Pizza (catered at HHS)
 Bologna Sandwich
 Fries
Blackeyed Peas
 Fruit, Milk