



# LUNCH MENU



## Mama's Kitchen

| <u>Monday</u>  | <u>Tuesday</u>   | <u>Wednesday</u>   | <u>Thursday</u>  | <u>Friday</u>   |
|--|--|--|--|---|
| Chicken<br>Mashed Potato<br>Green Beans<br>Tossed Salad<br>Roll<br>Fruit | Soup Bar<br>Grilled Cheese<br>Crackers<br>Carrot Sticks<br>Fruit | Lasagna<br>Bread Stick<br>Sautéed Spinach<br>Tossed Salad<br>Fruit | Meatloaf<br>Mashed potatoes<br>Pes/Carrots<br>Bread Slice<br>Tossed Salad<br>Fruit | Chicken Basket<br>Broccoli/Dip<br>Tossed Salad<br>Fruit |

## Pop's Grill

| <u>Monday</u>  | <u>Tuesday</u>   | <u>Wednesday</u>   | <u>Thursday</u>   | <u>Friday</u>   |
|--|--|--|---|---|
| Cheeseburger<br>Spicy Chicken<br>Tossed Salad<br>Fruit | Bacon<br>Cheeseburger<br>Chili Dog<br>Baked Beans<br>Tossed Salad<br>Fruit | Cheeseburger<br>Breaded<br>Chicken<br>Veggie sticks<br>Tossed Salad<br>Fruit | Cheeseburger<br>Hamburger<br>Grilled Chicken<br>Tossed Salad<br>Fruit | Cheeseburger<br>Spicy Chicken<br>Broccoli<br>Carrot Sticks<br>Tossed Salad<br>Fruit |

\*Served with lettuce, tomato, pickles, onions and fruit

\*Fries will be shoestring, spicy, wedges or sweet potato fries waffle fries. Tossed Salad offered on all lines

### Lunch Prices:

|                                 |                     |
|---------------------------------|---------------------|
| <b>Students/Lunch Employees</b> | <b>No Cost 4.85</b> |
|---------------------------------|---------------------|

\*Menu is subject to change without notice due to price and availability of food.

*Common food allergen triggers including, but not limited to, dairy, nuts, soy and wheat may have come in contact with all foods during product manufacturing or serving.*

## Subs And Salads

| <u>Monday</u>   | <u>Tuesday</u>   | <u>Wednesday</u>  | <u>Thursday</u>  | <u>Friday</u>   |
|---|--|---|--|---|
| Turkey or Ham<br>Wrap or<br>Tuna or<br>Pimento Cheese<br>Sandwich<br>Tossed Salad<br>or<br>Chef Salad | Turkey or Ham<br>Sub or<br>Tuna or<br>Pimento Cheese<br>Sandwich<br>Tossed Salad<br>or<br>Chef Salad | Turkey or Ham<br>Wrap or<br>Tuna or<br>Pimento Cheese<br>Sandwich<br>Bean Salad<br>or<br>Southwestern<br>Chef Salad | Turkey or Ham<br>Sub or<br>Tuna or<br>Pimento Cheese<br>Sandwich<br>Tossed Salad<br>or<br>Chef Salad | Turkey or Ham<br>Wrap or<br>Tuna or<br>Pimento Cheese<br>Sandwich<br>Bean Salad<br>or<br>Chef Salad |

\*Subs and sandwiches are served with lettuce, tomato, pickles, onion

\*Vegetable sticks with dip, baked chips, tossed salad and fruit

## Pizza And Lil' More

| <u>Monday</u>                        | <u>Tuesday</u>                            | <u>Wednesday</u>                     | <u>Thursday</u>                          | <u>Friday</u>                     |
|--------------------------------------|---|--------------------------------------|--|-----------------------------------|
| Pizza Sticks<br>Corn<br>Tossed Salad | Taco Bar<br>Tossed Salad<br>Refried Beans | Pizza<br>Green Beans<br>Tossed Salad | Spaghetti<br>Bread Stick<br>Tossed Salad | Pizza<br>Broccoli<br>Tossed Salad |

\*Choice of vegetables and fruits

| <u>Vegetables</u>  | <u>Fruits</u>   | <u>Milk</u>   | <u>Juice</u>   |
|--|---|---|--|
| Broccoli<br>Carrot<br>Cauliflower<br>Celery<br>Cucumber<br>Green Beans<br>Green Pepper | Lettuce<br>Onion<br>Potatoes<br>Radish<br>Refried Beans<br>Tomato | Apple<br>Banana<br>Grapes<br>Kiwi<br>Orange<br>Pears<br>Pineapple<br>Strawberries | Fat Free Flavored<br>1% White<br>Skim White<br><br>100% Apple<br>100% Orange |

# Breakfast Menu

## Monday

Choose  
Biscuit Sausage  
or  
Grab-n-Go  
Cereal  
Fruit served  
with all  
choices

## Tuesday

Choose  
Doughnut  
or  
Grab-n-Go  
Cereal  
Fruit served  
with all  
choices

## Wednesday

Choose  
Egg Cheese/  
Biscuit  
or  
Grab-n-Go  
Cereal  
Fruit served  
with all  
choices

## Thursday

Choose  
Chocolate or  
Blueberry  
Muffin  
or  
Grab-n-Go  
Cereal  
Fruit served  
with all  
choices

## Friday

Choose  
Chicken/Biscuit  
Biscuit  
or  
Grab-n-Go  
Cereal  
Fruit served  
with all  
choices

Fat free flavored milk, skim white milk, 100% orange juice and apple juice served daily.

### Breakfast Prices:

Students:  
adults

NO COST  
\$2.90

# DEMS



# 2022-2023

# Lunch Menu