

Mon. & Wed. sandwich bar and pre-made salads available

Tues. & Thurs. salad bar and pre-made sandwiches available

## Medomak Valley High School Aug. and Sept. 2017

Friday: pre-made salads and sandwiches

Aug. 28 Chicken Caesar Wrap Baby Carrots or MGRS. Veggie Choice Chips Watermelon	Aug. 29 Turkey Club on WG Roll Broccoli w/ranch dip Or Mgrs. Veggie Choice, Grapes	Aug. 30 Ham Italian Black Bean Salad or Mgrs. Choice Veggie Applesauce	Aug. 31 Chicken Burger on WG Roll Mixed Veggies w/ranch Fresh Fruit	Sept 1  <b>No School Workshop Day</b>
4  <b>No School Holiday</b>	5 Tuna Roll or Ham & Cheese Romaine Salad or Mgrs. Veggie Choice Mandarin Oranges	6 Taco's w/the fixins' Salsa/sour cream Black Bean Salad Pineapple Chunks	7 Chicken Burger on WG Roll Sweet Potato Fries or Mgrs. Choice Diced Peaches	8 Ham or Cheese Pizza Mixed Veggies w/ranch dip Crisp Apple
11 Sloppy Joes on WG Roll Steamed Carrots or Mgrs. Veggie Choice Fresh Fruit Choice	12 Pulled Pork on WG Roll Baked Beans or Mgrs. Veggie Choice Pears	13 Chicken Alfredo w/Penne noodles Steamed Broccoli or Mgrs. Veggie Choice Applesauce	14 Cheese Burger on WG Roll Potato Salad or Mgrs. Veggie Choice Mixed Fruit	15 Pepperoni Pizza Mixed Veggies w/ranch dip Granny Smith Apple
18 Quesadillas Salsa/sour cream Broccoli w/ranch dip Fruit Choice	19 Taco Tuesday with the fixins' Salsa/sour cream Black Bean Salad Pineapple Chunks	20 BYO Italian on WG Sub Baby Carrots w/hummus Fruit Mix	21 Popcorn Chicken Rice Pilaf Sweet Peas or Mgrs. Veggie Choice Mandarin Oranges	22 Hamburg or Cheese Pizza Mixed Veggies w/ranch dip
25 Meatball Sub Sweet Potato Fries or Mgrs. Veggie Choice Diced Peaches	26 Spaghetti w/meatsauce Leafy Green Salad Breadstick Cinnamon Applesauce	27 Bosco Sticks w/marinara sauce Black Bean Salad or Mgrs. Veggie Choice Mixed Fruit	28 Crispy or Spicy Chicken Burger, WK Corn or Mgrs. Veggie Choice Fresh Fruit	29 Pepperoni Pizza Cuke Slices Crisp Red Apple

Menu is subject to change according to availability of foods.

Please send in breakfast and lunch money on the first school day of the each week or you can pay by the month.