

# High School

## \*\* Edamame and Fresh Baby Green Salad with Ranch or Italian Dressing offered Daily

Mar-18

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| <b>Daily serve</b>  |   |  |   |   |
| cheeseburger, hamburger 23,22                               | bosco sticks & sauce 30,7                                   | rotini w/ meatsauce, garlic knot 24,23                   | big daddy cheese, buff, meatlover, pep 43,35,36,44          | bosco sticks & sauce 30,7                                   |
| boneless wings & cheezits 15, 14                            | beef & cheese nachos 57                                     | large antipasto salad & garlic knot 35,23                | bosco sticks & sauce 30,7                                   | boneless wings & cheezits 15, 14                            |
| macaroni & cheese 6oz 32,2                                  | turkey corn dogs & cheezits 27,14                           | chick caesar, club and buffalo wrap 28,27,38             | beef & cheese nachos 57                                     | grilled cheese & tomato soup 31,14                          |
| mediterranean chick salad & garlic knot 34, 23              | chicken club, spicy, plain sand 24,39,22                    | big daddy veg, cheese & pep pizza 50,43,44               | italian sub 30  | broccoli cheese soup 19                                     |
| chicken noodle & broccoli cheese soup 8, 19                 | personal cheese pizza 60                                    | bosco pizza sticks & sauce 58,7                          | hot dog 12  | French bread cheese pizza 29                                |
| bosco sticks & sauce 30,7                                   | maurice salad w/ garlic knot 33, 23                         | chicken noodle & broccoli cheese soup 8, 19              | chicago chopped salad & garlic knot 59,23                   |   |
| seasoned twist & seasoned sticks 17,20                      | italian sub 30  | seasoned twist & seasoned sticks 17,20                   | 3 bean chili & broccoli cheese soup 36, 19                  |   |
| mayo, ketchup, BBQ & ranch 1,2,8,9                          | 3 bean chili & broccoli cheese soup 36, 19                  | mayo, ketchup, BBQ & ranch 1,2,8,9                       | seasoned twist & seasoned sticks 17,20                      | seasoned twist & seasoned sticks 17,20                      |
| H mustard, rasp vin, caesar, italian 9,11,1,6               | seasoned twist & seasoned sticks 17,20                      | juice 15-17  | mayo, ketchup, BBQ & ranch 1,2,8,9                          | mayo, ketchup, BBQ & ranch 1,2,8,9                          |
| juice 15-17   | mayo, ketchup, BBQ & ranch 1,2,8,9                          | H mustard, rasp vin, caesar, italian 9,11,1,6            | juice 15-17   | juice 15-17   |
| baby carrots, sm salad, garb bean 8,1,8                     | juice 15-17   | baby carrots, sm salad, garb bean 8,1,8                  | H mustard, rasp vin, caesar, italian 9,11,1,6               | H mustard, rasp vin, caesar, italian 9,11,1,6               |
| cheese quesadilla 40  | H mustard, rasp vin, caesar, italian 9,11,1,6               | applesauce, banana, peach, pear, apple slice 16,7        | baby carrots, sm salad, garb bean 8,1,8                     | baby carrots, sm salad, garb bean 8,1,8                     |
| Italian Sub 30  | baby carrots, sm salad, garb bean 8,1,8                     | 1% white, choc & strawberry milk 13,23, 22               | applesauce, banana, peach, pear, apple slice 14,27,14,1 6,7 | applesauce, banana, peach, pear, apple slice 14,27,14,1 6,7 |
| applesauce, banana, peach, pear, apple slice 14,27,14,1 6,7 | applesauce, banana, peach, pear, apple slice 14,27,14,1 6,7 |  | 1% white, choc & strawberry milk 13,23, 22                  | 1% white, choc & strawberry milk 13,23, 22                  |
| 1% white, choc & strawberry milk 13,23, 22                  | 1% white, choc & strawberry milk 13,23, 22                  |  |   |   |
| <b>26</b>   | <b>27</b>   | <b>28</b>  | <b>1</b>  | <b>2</b>  |
| bosco pizza sticks & sauce 58,7                             | Build your own burger bar 0,38,22                           | Mucho nacho- Beef or chicken 5,2                         | beef hot dog-per dog 12                                     | Fiesta bake 44  |
| mediterranean veggies 8                                     | burger on pretzel or reg bun 0,38,22                        | nacho chips 36,5   | onion rings 28  | RF doritos 20   |
| marinara cups 7   | swiss, American or pepperjack cheese 1,1,1                  | queso or shredded cheese 4,0                             | cole slaw 11  | santa fe veggies 12   |
|   | Guac, salsa, buffalo sauce 2,3, 7                           | tomatoes, guac, onions, jalapeno, lettuce, 1,2,4,1,      |   | salsa 3   |
|   | lettuce, tomatoes, onions, jalapeno 2,4,3,1                 | refried beans or corn & black beans 15, 24               |   |   |
|   | green beans 6   |  |   |   |
|   | seasoned fries 20   |  |   |   |
| <b>5</b>  | <b>6</b>  | <b>7</b>   | <b>8</b>  | <b>9</b>  |
| chicken drumstick & 4oz mac & cheese 5,24                   | pasta bowl-spaghetti or penne 45,44                         | Mucho nacho- Beef or chicken 5,2                         | turkey meatballs 4  | philly cheesesteak sand 33                                  |
| green beans 6   | popcorn chicken or grilled 20,0                             | nacho chips 36,5   | mashed potatoes w. gravy 14,2                               | onion rings 28  |
|   | italian cheese sauce or marinara 3,9                        | queso or shredded cheese 4,0                             | corn 8  | Asst salad and sandwiches (see daily serve)                 |
|   | broccoli or mediterranean veggies 5,8                       | tomatoes, guac, onions, jalapeno, lettuce, 1,2,4,1, 2, 3 | garlic knot 23  |   |
|   |   | refried beans or corn & black beans 15, 24               |   |   |
| <b>12</b>   | <b>13</b>   | <b>14</b>  | <b>15</b>   | <b>16</b>   |
| dutch waffle 43   | Southwest Burrito bowl                                      | Macaroni Bar-Mac & cheese 32                             | chicken pepperjack club sand 40                             | general tso chicken, rice & broccoli 56                     |
| chicken tenders 16  | Beef or chicken 5,1   | topping-pulled pork or buff chicken 7,4                  | buffalo fries 19  | fortune cookie 4  |
| Mashed potatoes w/ gravy 14,2                               | rice 37   | tomatoes, broccoli, jalapeno 1,3,1                       | sonoma blend veggies 4                                      |   |
| corn 8  | queso or shredded cheese 4,0                                |  | guac sauce or buffalo sauce 5,7                             |   |
|   | santa fe veggies or refried beans 12,15                     |  |   |   |
|   | shredded lettuce, salsa 2,3                                 |  |   |   |
| <b>19</b>   | <b>20</b>   | <b>21</b>  | <b>22</b>   | <b>23</b>   |
| chicken parmesan 6  | Comfort bowl 6  | Mucho nacho- Beef or chicken 5,2                         | sloppy joes on WG bun 10,22                                 | buffalo chicken wrap 37                                     |
| penne w/ marinara 43,9                                      | spicy or reg boneless wing 12,15                            | nacho chips 36,5   | sidewinder fries 23   |   |
| mediterranean veggies 8                                     | mashed potatoes w/ gravy 14,2                               | queso or shredded cheese 4,0                             | cole slaw 11  |   |
|   | corn or green beans 8,6                                     | tomatoes, guac, onions, jalapeno, lettuce, 1,2,4,1, 2, 3 |   |   |
|   | corn bread muffin 29  | refried beans or corn & black beans 15, 24               |   |   |
|   |   | lime sorbet 19   |   |   |
| <b>26</b>   | <b>27</b>   | <b>28</b>  | <b>29</b>   | <b>30</b>   |
| chicken hani 49   | breaded or grilled chicken 20,0                             | Macaroni Bar-Mac & cheese 32                             | rotini w/ meat sauce 24                                     | closed  |
|   | fried rice or lo mein noodles 82, 74                        | topping-pulled pork or buff chicken 7,4                  | garlic knot 23  |   |
|   | mediteranean veg, broccoli 8,5                              | tomatoes, broccoli, jalapeno 1,3,1                       | green beans 6   |   |
|   | sweet thai chili, orange, general tso, 13,11,1 6,11         |  | antipasto salad 4   |   |
|   |   |  |   |   |

**DISCLAIMER:** The following carbohydrate list for the 2017-18 school year is based entirely on information provided by the manufacturers or distributors of the associated products. The District has not made any attempt to verify the information provided by the manufacturers or distributors, nor can the District represent or warrant the provided information is complete, accurate or fit for any particular purpose. Additionally, manufacturers and distributors sometimes change their recipes or the quantity of the products they provided in a serving. Such changes may result in changes in carbohydrate content. The District strongly recommends that students and others take independent measures to monitor carbohydrate intake. The District also strongly recommends that diabetic patients consult their physicians and follow medical and other advice concerning carbohydrate intake and necessary steps to insure blood sugars are maintained at appropriate levels.

Questions regarding this list and disclaimer may be addressed to *Mandy Sawinski, Director of Food and Nutrition Services, 586-797-1180*