

South Range Middle/High School Lunch

August/September 2022

The Nutrition Group
 Food Service Director: Kaitlyn Pierce,—Kpierce@southrange.org
 Phone: (330) 549-4070

The Garden

Fresh Salads & Sandwiches w/ assorted toppings and choices made to order Mon-Fri.

The Deli

Made to order deli line available daily
 Choices include: Flavored Wraps, Bread, Deli Meats, Cheese, Chicken Salad, Tuna Salad, Egg Salad, and Toppings!

The Pizzeria

M/W/F: Nacho Bites, Pizza, & Chicken Nuggets

T/TR: Mini Corn Dogs, Cheese Filled Breadsticks, & Pizza

Grab & Go

The Raider Café will be open
Mon.-Thurs. from 2:45-3:30 p.m.
 Assorted options available for snack and beverage needs for after school activities!!

Monday	Tuesday	Wednesday	Thursday	Friday
August 22 Breaded Chicken Sandwich Broccoli Mandarin Oranges Choice of Milk	23 Beef & Cheese Hard Shell Tacos Vegetable Medley Cinnamon Applesauce Choice of Milk	24 Meatball Sub Roasted Butternut Squash Strawberries Choice of Milk	25 Popcorn Chicken Bowl w/Biscuit Mashed Potatoes & Gravy Sliced Peaches Choice of Milk	26 Chicken Cheesesteak Hoagie Roasted Chick Peas Melon Choice of Milk
September 5 Labor Day No School	6 Chicken & Cheese Quesadilla Cheesy Refried Beans Diced Pears Choice of Milk	7 Guacamole Burger Crinkle Cut Fries Red Apple Choice of Milk	8 Pizza Hut Pizza Baby Carrots Pineapple Tidbits Choice of Milk 	9 Boneless Wing Bar w/Breadstick Green Peas Fresh Orange Choice of Milk
12 Orange Chicken w/ Rice Broccoli Diced Pears Choice of Milk	13 Beef & Cheese Nachos Cucumber Salad Diced Peaches Choice of Milk	14 Chicken Burrito Bowl w/Rice Black Bean & Corn Salsa Apple Crisp Choice of Milk	15 Pasta w/Meatballs & Bread Slice Green Beans Banana Choice of Milk	16 Western Cheeseburger Tater Tots Green Grapes Choice of Milk
19 Chicken Parm w/ Pasta Garden Salad Diced Peaches Choice of Milk	20 Grilled Cheese Broccoli Fresh Melon Choice of Milk	21 Lasagna Roll Up Green Beans Fresh Orange Choice of Milk	22 Pizza Hut Pizza Garden Salad Red Apple Choice of Milk 	23 French Toast Sticks w/Sausage Tater Tots Applesauce Choice of Milk
26 Walking Taco w/ Doritos Black Beans Tropical Fruit Salad Choice of Milk	27 Meatball Sub Green Beans Banana Choice of Milk	28 Chicken Alfredo Pasta Broccoli Strawberries Choice of Milk	29 Cheeseburger Sliders Baked Fries Diced Pears Choice of Milk	30 Chicken Fried Rice Steamed Carrots Blueberries Choice of Milk

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:
\$3.00 Grades 5-12
\$0.40 Reduced
\$0.60 Milk A la carte
\$3.50 Pizza Hut

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MENUS SUBJECT TO CHANGE

Students may request a cup at the register to get water for free at the drinking fountain.

16oz. Bottled water \$1.00
 8oz. Bottled water \$.055