

South Range Middle/High School Lunch

December 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: Fiestada, Pizza, & Chicken Nuggets

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

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
			1 Pizza Hut Garden Salad Grapes Choice of Milk 	2 Chicken & Waffle Tater Tots Diced Peaches Choice of Milk
5 Chipotle Chicken Flatbread Broccoli Diced Peaches Choice of Milk	6 Ham, Egg, & Cheese Breakfast Sandwich Smiley Fries Mandarin Oranges Choice of Milk	7 Burrito Bowl w/Rice Black Beans Yellow Banana Choice of Milk	8 Pierogies w/ Breadstick Steamed Corn Cinnamon Applesauce Choice of Milk	9 Buffalo Chicken Dip w/Tortilla Chips Carrot & Celery Sticks Strawberries Choice of Milk
12 National Cocoa Day! Grilled Cheese w/ Tomato Soup Broccoli Orange Slices Choice of Milk <i>*Hot cocoa w/lunch*</i>	13 Hard Shell Beef & Cheese Tacos Refried Beans Applesauce Choice of Milk	14 Popcorn Chicken Bowl w/Bread Slice Mashed Potatoes & Gravy Diced Pears Choice of Milk	15 Pizza Hut Baby Carrots Diced Pineapple Choice of Milk 	16 French Toast Sticks w/Sausage Tater Tots Grapes Choice of Milk
19 Macaroni & Cheese w/Roll Spinach Salad Berries Choice of Milk	20 Chicken Cheesesteak Hoagie Seasoned Corn Blueberries Choice of Milk	21 Chicken Fried Rice Steamed Peas Tropical Fruit Choice of Milk	22 Boneless Wing Bar w/Assorted Sauces Baby Carrots Fresh Apple Choice of Milk	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School

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 & Cucum-ber

***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