

South Range Middle/High School Lunch

January 2023

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
2 No School	3 Breaded Chicken Sandwich w/Pickles Ranch Chick Peas Apple Slices Choice of Milk	4 National Spaghetti Day! Spaghetti w/ Meatballs & Breadstick Garden Salad Banana Choice of Milk	5 Pizza Hut Baby Carrots Diced Pears Choice of Milk 	6 Chicken & Waffle Tater Tots Berries Choice of Milk
9 Lasagna Roll Up Tomato Cucumber Salad Orange Slices Choice of Milk	10 Hard Shell Beef & Cheese Tacos Refried Beans Applesauce Choice of Milk	11 Ham & Cheese on Pretzel Bun Smiley Fries Mixed Fruit Choice of Milk	12 Chicken Parm Sandwich Roasted Carrots Banana Choice of Milk	13 Buffalo Chicken Dip w/Tortilla Chips Broccoli Tropical Fruit Choice of Milk
16 MLK Day No School	17 Taco Salad w/Tortilla Chips Black Beans Yellow Peaches Choice of Milk	18 Cheeseburger Steamed Corn Berries Choice of Milk	19 Pizza Hut Garden Salad Diced Pears Choice of Milk 	20 Popcorn Chicken Bowl w/Bread Slice Mashed Potatoes & Gravy Mixed Fruit Choice of Milk
23 French Toast Sticks w/Sausage Tater Tots Diced Pineapple Choice of Milk	24 Burrito Bowl w/Rice Refried Beans Mandarin Oranges Choice of Milk	25 Boneless Wing Bar w/Breadstick Baby Carrots & Celery Pineapple Choice of Milk	26 Macaroni & Cheese w/Bread Slice Broccoli Grapes Choice of Milk	27 Italian Dunkers w/ Marinara Sauce Green Beans Applesauce Choice of Milk
30 Turkey Over Biscuit w/Stuffing Mashed Potatoes & Gravy Diced Pears Choice of Milk	31 General Tso's Popcorn Chicken Bowl w/Rice Steamed Corn Banana 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