

South Range Middle/High School Lunch

November 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 Double Cheeseburger Smiley Fries Grapes Choice of Milk	2 Chicken Parm Bowl Seasoned Green Beans Sliced Peaches Choice of Milk	3 Pizza Hut Pizza Garden Salad Fresh Apple Choice of Milk 	4 Italian Dunkers w/ Marinara Sauce Seasoned Carrots Diced Pineapple Choice of Milk
7 Breaded Chicken Sandwich w/Pickles Garden Salad Sliced Peaches Choice of Milk	8 Waffle w/Berry Toppings & Sausage Sweet Potato Fries Orange Juice Choice of Milk	9 Burrito Bowl w/Rice Black Beans Diced Pineapple Choice of Milk	10 Thanksgiving for Lunch! Roasted Turkey & Stuffing Mashed Potatoes & Gravy Apple Crisp Choice of Milk *Pumpkin Treat*	11 Buffalo Chicken Dip w/Tortilla Chips Carrot & Celery Sticks Yellow Banana Choice of Milk
14 Cheeseburger Bar Seasoned Corn Orange Slices Choice of Milk	15 Hard Shell Beef & Cheese Tacos Cheesy Refried Beans Berries Choice of Milk	16 Popcorn Chicken Bowl w/Bread Slice Mashed Potatoes & Gravy Apple Slices Choice of Milk	17 Pizza Hut Pizza Garden Salad Applesauce Cup Choice of Milk 	18 Chicken Gyro Cucumber Salad Grapes Choice of Milk
21 Boneless Wing Bar w/Bread Slice Smiley Fries Fresh Orange Choice of Milk	22 Macaroni & Cheese w/ Roll Seasoned Broccoli Red Apple Choice of Milk	23 No School	24 No School	25 No School
28 National French Toast Day! French Toast Sticks w/Sausage Tater Tots Orange Juice Choice of Milk	29 Chicken & Cheese Nachos Refried Beans Cinnamon Applesauce Choice of Milk	30 Sweet & Spicy Popcorn Chicken Bowl w/Rice Steamed Corn Diced Pears 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