

South Range Middle/High School Lunch

October 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
3 Boneless Wings w/ Breadstick Baby Carrots Mixed Fruit Choice of Milk	4 Hard Shell Beef & Cheese Tacos Refried Beans Applesauce Cup Choice of Milk	5 Pancakes & Sausage Tater Tots Yellow Banana Choice of Milk	6 Pizza Hut Pizza Kale Caesar Salad Apple Slices Choice of Milk 	7 Buffalo Chicken Dip w/Tortilla Chips Seasoned Green Beans Strawberries Choice of Milk
10 Buttered Pierogies w/Roll Seasoned Peas Blueberries Choice of Milk	11 Popcorn Chicken Bowl w/Bread Slice Mashed Potatoes & Gravy Fresh Apple Choice of Milk	12 Fiestada Pizza Cheesy Refried Beans Mandarin Oranges Choice of Milk	13 Pasta & Meatballs w/ Breadstick Garden Salad Grapes Choice of Milk	14 No School
17 Breaded Chicken Sandwich w/Pickles Baked Beans Diced Pineapple Choice of Milk	18 Beef & Cheese Nachos Pico De Gallo Salsa Fresh Apple Choice of Milk	19 General Tso's Chicken & Rice Steamed Broccoli Cinnamon Applesauce Choice of Milk	20 Pizza Hut Pizza Baby Carrots Strawberries Choice of Milk 	21 Cheeseburger Bar Smiley Fries Diced Pears Choice of Milk
24 Grilled Cheese & Tomato Soup Green Beans Apple Slices Choice of Milk	25 Chicken & Cheese Quesadilla Black Beans Mandarin Oranges Choice of Milk	26 Popcorn Chicken w/ Breadstick Sweet Potato Fries Fresh Banana Choice of Milk	27 Creamy Macaroni & Cheese w/Biscuit Broccoli Sliced Peaches Choice of Milk	28 French Toast Sticks w/Sausage Tater Tots Diced Pineapple Choice of Milk
31 Halloween! Pasta & Mummy Meatballs Vampire's Garlic Breadstick Spooky Spinach Salad Monster Mandarin Oranges Choice of Milk *Special Treat*				

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