

South Range Middle/High School Lunch Menu

April 2019

The Nutrition Group
 Food Service Director: Kaitlyn Pierce,—Kpierce@southrange.org
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The Grille

Mon, Weds, & Fri:

- *Crispy Chicken Fillet Sandwich
- *Mini Corn Dog Nuggets
- *Buffalo Cheese Sticks w/Roll

Tues & Thurs:

- *Cheeseburger
- *Fiestada Mexican Pizza
- *Tues-Grilled Chicken Sandwich
- *Thurs-Chicken Tenders w/Roll

The Garden

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

The Pizzeria

Mon, Weds, & Fri— Cheese Pizza, Pepperoni Pizza, & Specialty Pizza

Tues & Thurs— Pepperoni & Cheese Bosco OR Buffalo Chicken Bosco

Grab & Go

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 2 Chili Cheese Dogs Seasoned Carrots Fresh Blueberries Choice of Milk	2 Create Your Own Burrito Bowl w/Rice Seasoned Black Beans Cinnamon Apple Slices Choice of Milk	3 Ham, Egg, & Cheese Breakfast Sandwich Tater Tots Fresh Apple Choice of Milk	4 Creamy Macaroni & Cheese w/Roll Seasoned Peas Fresh Orange Choice of Milk	5 Buffalo Chicken Dip w/Tortilla Chips Steamed Broccoli Diced Pears Choice of Milk *Tasty Bites-Cookie Bar
8 Bacon Cheeseburger w/Onion Ring BBQ Baked Beans Sliced Pears Choice of Milk	9 Sweet & Sour Popcorn Chicken Bowl w/Rice Seasoned Carrots Fresh Apple Choice of Milk	10 Food Fusion! Chicken & Waffles! Smiley Fries Fresh Orange Choice of Milk	11 Pizza Hut Pizza! (Cheese or Pepperoni) Garden Salad Sliced Peaches Choice of Milk	12 Buttered Pierogies w/Breadstick Seasoned Corn Fresh Strawberries Choice of Milk
15 Grilled Cheese w/ Tomato Soup Sweet Potato Fries Crisp Apple Choice of Milk	16 Beef & Cheese Nachos Cheesy Refried Beans Diced Pineapple Choice of Milk	17 Recipe of the Month! Pizza Burger Seasoned Broccoli Strawberry Cup Choice of Milk	18 Rotini w/ Meat Sauce & Garlic Bread Stick Seasoned Green Beans Mandarin Oranges Choice of Milk	19 No School
22 No School	23 No School	24 No School	25 No School	26 No School
29 Orange Kissed Chicken Bowl w/Rice Seasoned Corn Cinnamon Applesauce Choice of Milk	30 French Toast Sticks w/Sausage Patties Hash Brown Potato Sliced Apples Choice of Milk			 Whole Grains Available Daily

The Deli

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

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
 The Nutrition Group

Lunch Prices: Paid \$2.85

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MENUS SUBJECT TO CHANGE