

# South Range Middle/High School Lunch Menu

August/September 2019

The Nutrition Group  
 Food Service Director: Kaitlyn Pierce,—Kpierce@southrange.org  
 Phone: (330) 549-4070

## The Grille

**Mon, Weds, & Fri:**  
 \*Crispy Chicken Fillet Sandwich  
 \*Mini Corn Dog Nuggets  
 \*Cheese Filled Breadsticks

**Tues & Thurs:**  
 \*Cheeseburger  
 \*Fiestada Mexican Pizza  
 \*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 2:45-3:30 p.m.**  
 Assorted options available for  
 snack and beverage needs for after  
 school activities!!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 19</b> <b>Build Your Own Burger Bar</b> Seasoned Green Beans Diced Peaches Choice of Milk	<b>20</b> <b>Beef &amp; Cheese Crunchy Nachos</b> Cheesy Refried Beans Sliced Peas Choice of Milk	<b>21</b> <b>General Tso's Popcorn Chicken w/ Rice</b> Sliced Carrots Tropical Fruit Choice of Milk	<b>22</b> <b>Italian Meatball Hoagie</b> Seasoned Broccoli Fresh Apple Choice of Milk	<b>23</b> <b>Chili Cheese Dogs (2)</b> Seasoned Fries Mixed Berry Cup Choice of Milk
<b>September 2</b>  <b>Labor Day No School</b>	<b>3</b> <b>Hard Shell Beef &amp; Cheese Tacos w/Rice</b> Seasoned Black Beans Cinnamon Applesauce Choice of Milk	<b>4</b> <b>Buffalo Chicken Dip w/Tortilla Chips</b> Emoji Fries Fresh Banana Choice of Milk *Tasty Bites— Fruity Fro Yo	<b>5 Pizza Hut Day!</b> <b>Cheese or Pepperoni Pizza</b> Garden Salad Blueberries Choice of Milk	<b>6</b> <b>Grilled Cheese &amp; Tomato Soup</b> Seasoned Corn Strawberries Choice of Milk
<b>9</b> <b>Crispy Chicken &amp; Waffle</b> Sweet Potato Bites Sliced Apples Choice of Milk	<b>10</b> <b>Chicken &amp; Cheese Soft Taco</b> Cheesy Refried Beans Berry Cup Choice of Milk	<b>11</b> <b>Sausage, Egg, &amp; Cheese Breakfast Sandwich</b> Tater Tots Sliced Peaches Choice of Milk	<b>12</b> <b>Creamy Macaroni &amp; Cheese w/Dinner Roll</b> Steamed Broccoli Diced Peas Choice of Milk	<b>13</b> <b>Popcorn Chicken Po' Boy Sandwich</b> Seasoned Green Beans Fresh Banana Choice of Milk
<b>16</b> <b>Hot Ham &amp; Cheese Sandwich</b> Roasted Ranch Chick Peas Blueberries Choice of Milk	<b>17</b> <b>Mexican Burrito Bowl w/Steamed Rice</b> Seasoned Black Beans Strawberries Choice of Milk	<b>18</b> <b>French Toast Sticks w/Sausage Patties</b> Sweet Potato Fries Orange Slices Choice of Milk	<b>19 Pizza Hut Day!</b> <b>Cheese or Pepperoni Pizza</b> Garden Salad Applesauce Choice of Milk	<b>20</b> <b>Popcorn Chicken Bowl w/Sliced Bread</b> Mashed Potatoes & Gravy Purple Grapes Choice of Milk
<b>23</b> <b>Fluffy Pancakes w/ Sausage Patties</b> Tater Tots Pineapple Tidbits Choice of Milk	<b>24</b> <b>Walking Taco w/ Nacho Doritos</b> Cheesy Refried Beans Orange Slices Choice of Milk	<b>25</b> <b>Baked Potato Bar w/ Breadsticks</b> Cheesy Broccoli Fresh Local Apple Choice of Milk	<b>26</b> <b>Rotini &amp; Meat Sauce w/Sliced Bread</b> Seasoned Carrots Fresh Banana Choice of Milk	<b>27</b> <b>Rodeo Burger</b> Seasoned Peas Sliced Peaches Choice of Milk

## 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 Peas  
 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 \$2.95  
 Reduced \$4.00  
 Pizza Hut \$3.25**

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MENUS SUBJECT TO CHANGE