

# South Range Middle/High School Lunch Menu

December 2018

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  
 \*Buffalo Cheese Sticks/Roll

**Tues & Thurs:**  
 \*Cheeseburger  
 \*Fiestada Mexican Pizza  
 \*Tues-Grilled Chicken Sandwich  
 \*Thurs-Chicken Tenders/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!!  
 \*\*The Raider Café operates on cash  
 only basis.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>2 Chili Cheese Dogs</b> Seasoned Carrots Blueberry Cup Choice of Milk	<b>4</b> <b>Create Your Own Burrito Bowl w/Rice</b> Seasoned Black Beans Cinnamon Apple Slices Choice of Milk	<b>5</b> <b>Ham &amp; Cheese McRaider</b> Tater Tots Fresh Apple Choice of Milk	<b>6</b> <b>Creamy Macaroni &amp; Cheese w/Roll</b> Seasoned Peas Fresh Orange Choice of Milk	<b>7</b> <b>Buffalo Chicken Dip w/Tortilla Chips</b> Steamed Broccoli Diced Pears Choice of Milk
<b>10</b> <b>Bacon Burger w/ Onion Ring</b> BBQ Baked Beans Sliced Pears Choice of Milk	<b>11</b> <b>Sweet &amp; Sour Popcorn Chicken Bowl w/Rice</b> Seasoned Carrots Fresh Apple Choice of Milk	<b>12</b> <b>Rotini &amp; Meatballs w/ Dinner Roll</b> Seasoned Green Beans Fresh Orange Choice of Milk	<b>13</b> <b>Pizza Hut Pizza! (Cheese or Pepperoni)</b> Seasoned Broccoli Mixed Tropical Fruit Choice of Milk	<b>14</b> <b>French Toast Sticks w/Sausage Patties</b> Hash Brown Potato Fresh Apple Choice of Milk
<b>17</b> <b>NEW!!</b> <b>Create Your Own Breakfast Taco/Bowl</b> Tater Tots Crisp Apple Choice of Milk	<b>18</b> <b>Beef &amp; Cheese Nachos</b> Cheesy Refried Beans Diced Pineapple Choice of Milk	<b>19</b> <b>Recipe of the Month!</b> <b>Popcorn Chicken Po' Boy Sandwich</b> Sweet Potato Bites Cinnamon Applesauce Choice of Milk	<b>20</b> <b>Penne w/Meat Sauce &amp; Garlic Bread Stick</b> Fresh Salad Mandarin Oranges Choice of Milk	<b>21</b> <b>No School</b>
<b>24</b> <b>No School</b>	<b>25</b> <b>Merry Christmas!</b> <b>No School</b> 	<b>26</b> <b>No School</b>	<b>27</b> <b>No School</b>	<b>28</b> <b>No School</b>
<b>31</b> <b>No School</b>	 <b>Whole Grains Available Daily</b>			

## 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  
 Reduced \$ .40**

THIS INSTITUTION IS AN EQUAL  
 OPPORTUNITY PROVIDER

**MENUS SUBJECT TO CHANGE**