

South Range Middle/High School Lunch Menu

February 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
 Whole Grains Available Daily				1 Country Fried Steak w/Dinner Roll Mashed Potatoes & Gravy Fresh Banana Choice of Milk
4 Pulled Pork Sandwich w/ Coleslaw Steamed Broccoli Applesauce Cup Choice of Milk	5 Chicken & Cheese Nachos Seasoned Black Beans Apple Slices Choice of Milk	6 Breakfast Sandwich! Egg, Cheese, & Bacon on an English Muffin Tater Tots Sliced Pears Choice of Milk	7 Creamy Macaroni & Cheese w/Roll Seasoned Peas Fresh Banana Choice of Milk	8 Buffalo Chicken Roll Steamed Carrots Cinnamon Apples Choice of Milk
11 Sweet & Sour Popcorn Chicken Bowl w/Rice Seasoned Carrots Blueberry Cup Choice of Milk	12 Crunchy Beef & Cheese Tacos Cheesy Refried Beans Tropical Fruit Salad Choice of Milk	13 Popcorn Chicken Bowl w/Dinner Roll Mashed Potatoes & Gravy Sliced Peaches Choice of Milk	14 Pizza Hut Day! Pizza Hut Pizza (Cheese or Pepperoni) Garden Salad Cinnamon Applesauce Choice of Milk	15 No School
18 President's Day No School	19 Walking Taco w/ Nacho Doritos Seasoned Black Beans Pineapple Tidbits Choice of Milk	20 Grilled Cheese Sandwich w/Tomato Soup Seasoned Green Beans Fresh Banana Choice of Milk	21 Rotini & Meat Sauce w/Garlic Breadstick Seasoned Broccoli Diced Pears Choice of Milk	22 Recipe of the Month! Cheeseburger Roll Sweet Potato Fries Tropical Fruit Mix Choice of Milk
25 General Tso's Popcorn Chicken Bowl w/Rice Seasoned Carrots Strawberry Cup Choice of Milk	26 Soft Shell Chicken & Cheese Taco Cheesy Refried Beans Peach Cup Choice of Milk	27 French Toast Sticks w/Sausage Patties Hash Brown Potato Mandarin Oranges Choice of Milk	28 Pizza Hut Day! Pizza Hut Pizza (Cheese or Pepperoni) Garden Salad Diced Pears 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 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 \$4.00
 Pizza Hut: \$3.25**

MENUS SUBJECT TO CHANGE
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER