

South Range Middle/High School Lunch Menu

January 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 2:45-4:15 p.m.
 Assorted options available for snack and beverage needs for after school activities!!

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School	2 No School	3 Pizza Hut Day! Cheese or Pepperoni Pizza Garden Salad Fresh Orange Choice of Milk 	4 Country Fried Steak w/Dinner Roll Mashed Potatoes & Gravy Pineapple Tidbits Choice of Milk
 Whole Grains Available Daily				
7 Meatball & Cheese Hoagie Seasoned Broccoli Fresh Orange Choice of Milk	8 Extra Cheesy Quesadilla Cheesy Refried Beans Fresh Banana Choice of Milk	9 Popcorn Chicken w/ Cheese Filled Breadstick Edamame Strawberries Choice of Milk	10 Popcorn Shrimp w/ Fresh Bread Slice Mashed Potatoes Tropical Fruit Salad Choice of Milk	11 Personal Mini Cheese or Pepperoni Pizza Seasoned Sweet Potato Fries Sliced Peaches Choice of Milk
14 Cheeseburger w/ Onion Ring Seasoned Corn Fresh Strawberries Choice of Milk	15 Sweet & Sour Popcorn Chicken Bowl w/Rice Seasoned Carrots Fresh Apple Choice of Milk	16 Pancakes w/Sausage Patties Tater Tots Fresh Banana Choice of Milk	17 Pizza Hut Day! Cheese or Pepperoni Pizza Garden Salad Mandarin Oranges Choice of Milk 	18 Recipe of the Month! Buffalo Chicken Alfredo w/Roll Seasoned Peas Mandarin Oranges Choice of Milk
21 MLK Day No School	22 Beef & Cheese Soft Taco Seasoned Black Beans Cinnamon Apple Slices Choice of Milk	23 French Toast Sticks w/Sausage Patties Emoji Fries Fresh Apple Choice of Milk	24 Rotini with Meat Sauce & Garlic Breadstick Seasoned Broccoli Pineapple Tidbits Choice of Milk	25 Buffalo Chicken Dip w/Tortilla Chips Seasoned Carrots Fresh Banana Choice of Milk
28 Grilled Chicken Sandwich w/ Assorted Toppings Sweet Potato Fries Chilled Diced Pears Choice of Milk	29 Beef & Cheese Nachos Cheesy Refried Beans Apple Slices Choice of Milk	30 NEW!! Crispy Chicken & Waffle Hash Brown Potato Fresh Banana Choice of Milk	31 Pizza Hut Day! Cheese or Pepperoni Pizza Steamed Corn Blueberries 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


Lunch Prices: Paid \$2.85

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MENUS SUBJECT TO CHANGE