

South Range Middle/High School Lunch Menu

March 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
- *Crispy Fish Sandwich

Tues & Thurs:

- *Cheeseburger
- *Fiestada Mexican Pizza
- *Tues-Buffalo Cheese Sticks
- *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 Sticks

Grab & Go

The Raider Café will be open Mon.-Thurs. from 2:45-3:45p.m.

Assorted options available for snack and beverage needs for after school activities!!

Monday	Tuesday	Wednesday	Thursday	Friday
 Whole Grains Available Daily				1 Scrambled Egg & Ham Breakfast Bowl w/Bread Slices Home Fries Fresh Orange Choice of Milk
4 Food Fusion! Guacamole Burger w/Ranch Crispy Baked Fries Fresh Banana Choice of Milk	5 Sweet & Sour Popcorn Chicken Bowl Oriental Mixed Vegetables Pineapple Tidbits Choice of Milk	6 Fish Sticks w/ Breadstick Seasoned Carrots Fresh Banana Choice of Milk	7 Rotini Pasta w/Meat Sauce & Garlic Breadstick Steamed Broccoli Sliced Pears Choice of Milk	8 Buffalo Chicken Dip w/Tortilla Chips BBQ Baked Beans Mixed Fruit Choice of Milk
11 Chili Cheese Dogs Seasoned Corn Pineapple Tidbits Choice of Milk	12 French Toast Sticks w/Sausage Patties Tater Tots Diced Peaches Choice of Milk	13 Homemade Macaroni & Cheese w/Roll Seasoned Carrots Mandarin Oranges Choice of Milk	14 Pizza Hut Day! Pizza Hut Pizza (Cheese or Pepperoni) Garden Salad Mandarin Oranges Choice of Milk 	15 Recipe of the Month! Greek Beef Gyro Confetti Bean Salad Diced Pears Choice of Milk
18 National Sloppy Joe Day! Sloppy Joe on Bun Sweet Potato Fries Strawberry Mix Choice of Milk	19 Popcorn Chicken Bowl w/ Fresh Sliced Bread Mashed Potatoes & Gravy Pineapple Tidbits Choice of Milk	20 Grilled Cheese Sandwich w/Tomato Soup Seasoned Broccoli Fresh Strawberries Choice of Milk	21 Penne Pasta w/ Meatballs & Garlic Breadstick Seasoned Green Beans Mandarin Oranges Choice of Milk	22 Broccoli & Cheddar Cheese Pocket BBQ Baked Beans Sliced Peaches Choice of Milk
25 National Waffle Day! Warm Waffle w/ Strawberry Topping Sweet Potato Bites Diced Pears Choice of Milk	26 Beef & Cheese Hard Shell Taco Cheesy Refried Beans Mixed Fruit Salad Choice of Milk *Tasty Bites!- Cinnamon Churro	27 French Toast Sticks w/Sausage Patties Emoji Fries Strawberry Cup Choice of Milk	28 Pizza Hut Day! Pizza Hut Pizza (Cheese or Pepperoni) Garden Salad Fresh Banana Choice of Milk 	29 Italian Dunkers w/ Marinara Sauce Seasoned Green Beans Crisp Apple 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
 Reduced \$.40
 Pizza Hut Lunch: \$3.25**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MENUS SUBJECT TO CHANGE