

# South Range 7th-12th Grade Lunch Menu

November 2020

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

## The Grille

**\*\*All students K-12 allowed a free lunch until 12/31/20 per USDA.**

## The Garden

Fresh Salads & Sandwiches w/ assorted toppings and choices made to order Mon-Fri.

## The Pizzeria

## 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
2 <b>Popcorn Chicken Bowl w/Bread Slice</b> Mashed Potatoes & Gravy Sliced Peaches Choice of Milk	3 <b>Breaded Chicken Sandwich (Spicy or Regular)</b> BBQ Baked Beans Diced Pears Choice of Milk	4 <b>Grilled Cheese Sandwich</b> Seasoned Carrots Fresh Apple Choice of Milk	5 <b>Pizza Hut Pizza (Cheese or Pepperoni)</b> Garden Salad Tropical Mixed Fruit Choice of Milk	6 <b>Hot Dog on a Bun</b> Seasoned Green Beans Mixed Berry Cup Choice of Milk
9 <b>Lasagna Rollup w/ Bread</b> Seasoned Carrots Diced Pears Choice of Milk	10 <b>Mexican Burrito Bowl w/Rice</b> Cheesy Refried Beans Mandarin Oranges Choice of Milk	11 <b>French Toast Sticks w/Sausage Patties</b> Crispy Tater Tots Apple Slices Choice of Milk	12 <b>Orange Kissed Popcorn Chicken &amp; Rice</b> Seasoned Broccoli Cinnamon Applesauce Choice of Milk	13 <b>Macaroni &amp; Cheese w/Bread</b> Seasoned Corn Strawberries Choice of Milk
16 <b>Breaded Chicken Sandwich (Spicy or Regular)</b> Seasoned Black Beans Mixed Fruit Choice of Milk	17 <b>Boneless Wing Bar w/ Assorted Sauces</b> Seasoned Carrots Green Grapes Choice of Milk	18 <b>Pasta &amp; Meatballs w/ Bread Slice</b> Seasoned Green Beans Diced Peaches Choice of Milk	19 <b>Pizza Hut Pizza (Cheese or Pepperoni)</b> Garden Salad Fresh Banana Choice of Milk	20 <b>Roasted Turkey &amp; Gravy w/Stuffing</b> Mashed Potatoes & Gravy Seasoned Green Beans Cranberry Sauce Choice of Milk
23 <b>Bacon Cheeseburger w/Onion Ring</b> Tater Tots Sliced Pears Choice of Milk	24 <b>Buffalo Chicken Dip w/Tortilla Chips</b> Seasoned Broccoli Fresh Apple Choice of Milk	25 <b>No School</b>	26 <b>No School</b>	27 <b>No School</b>
30 <b>No School</b>				
<b>Second Options: Mini Corn Dog Nuggets</b>	<b>Cheese or Pepperoni Pizza</b>	<b>Cheeseburger</b>	<b>Chicken Strips w/ Bread Slice</b>	<b>Pepperoni &amp; Cheese Bosco Stick</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 \$2.95  
 Reduced \$.40  
 Pizza Hut \$3.25**

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MENUS SUBJECT TO CHANGE