### Senior High

#### Breakfast & Lunch Menu

For a complete Breakfast, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or a fruit.

Choosing the healthier food option is not easy and it may be overwhelming in a world full of options. Try this mini quiz to see if you know how to select the healthier item:

1. Medium Hot Black Coffee or Medium Blended Iced Coffee. If you guessed the medium hot black coffee, you are correct. It only has 5 calories, no fat or sugar, and only 10 mg of sodium. The blended iced coffee is 240 calories, 3 g fat, 2 g saturated fat, 50 g sugar, and 220 mg of sodium. Although iced coffees are delicious, enjoy them less frequently than plain black coffee.

2. Crispy Chicken Sandwich or Grilled Chicken Sandwich. If you guessed the grilled chicken sandwich, you are correct. The crispy chicken sandwich has 620 calories, 29 g fat, 5 g saturated fat, and 63 g carbohydrates. The grilled chicken sandwich is 380 calories, 6 g fat, 2 g saturated fat, and 44 g carbohydrates. The breading on the chicken adds more calories and fat, plus it is typically fried.

3. Cheetos and Tortilla Chips. If you guessed tortilla chips, you are correct. Tortilla chips have 74 calories, 2.4 g fat, 0.5 g saturated fat, 12 g carbohydrates, and 137 mg sodium. The Cheetos have 160 calories, 10 g fat, 1.5 g saturated fat, 15 g carbohydrates, and 250 mg sodium.

---

**Monday, September 23, 2019**

**Breakfast**
- Glazed Raised Donut
- Oatmeal Bars
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hot Boiled Eggs and Beans
- Banana/Apple/Orange/Bread

**Lunch**
- Buffalo Chicken Patty on a Bun
- Mini Cheese Pizza
- Italian Meatball Sub
- Mini Pepperoni Pizza
- Italian Focaccia Sub
- Sandwich of the Day: Pastrami & White American on a Bagel
- Popped-Up Potatoes

**Tuesday, September 24, 2019**

**Breakfast**
- French Toast Bake
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hot Boiled Eggs and Beans
- Banana/Apple/Orange/Bread

**Lunch**
- Macaroni & Cheese with Shrimp Poppers & Tea Roll
- Chicken Nuggets with a Tea Roll
- Chicken Egg Roll with Teriyaki Chicken Dippers and Steamed Brown Rice
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Green Beans
- Lunch Bunch Grapes

**Wednesday, September 25, 2019**

**Breakfast**
- Almond Biscuit
- Frozen Peach Cup
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hot Boiled Eggs and Beans
- Banana/Apple/Orange/Bread

**Lunch**
- Cheese Breadsticks with Pasta Sauce
- Crispy Chicken Patty on a Bun
- Beef and Bean Burrito with Cheese Sauce
- Spicy Chicken Patty on a Bun
- Fiesta Bean Burrito
- Sandwich of the Day: Turkey Deli
- Steamed Carrots
- Baked School Fries

**Thursday, September 26, 2019**

**Breakfast**
- Warm Pancakes with Maple Syrup
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hot Boiled Eggs and Beans
- Banana/Apple/Orange/Bread

**Lunch**
- Soft Shell Beef Taco with Tortilla Chips
- Pork Tenderloin on a Bun
- Soft Shell Chicken Taco with Tortilla Chips
- Mini Corn Dogs
- Sandwich of the Day: Country Boy
- Refried Beans
- Golden Corn

**Friday, September 27, 2019**

**Breakfast**
- Calby Cheese Omelet with a Warm Biscuit or Tortilla
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hot Boiled Eggs and Beans
- Banana/Apple/Orange/Bread

**Lunch**
- Country Beef Cutlet with a Tea Roll
- Homestyle Meatloaf with a Meat Roll
- Hot N’ Spicy Chicken Tenders with a Tea Roll
- Sandwich of the Day: Classic
- Brown Bread Rounds

**Menu Key:**
- -Contains Pork
- Locally Grown
- Meatless Item
- -Spicy
- -New Item

---

**Complimentary Breakfast is Available for ALL Enrolled Students in All Schools!**

**Lunch Prices**

<table>
<thead>
<tr>
<th>Lunch Prices</th>
<th>Full Paid</th>
<th>Reduced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elem.</td>
<td>$1.45</td>
<td>$0.40</td>
</tr>
<tr>
<td>Sec.</td>
<td>$1.75</td>
<td>$0.40</td>
</tr>
<tr>
<td>Adult</td>
<td>$3.75</td>
<td>$0.35</td>
</tr>
</tbody>
</table>

---

**Our Mission Statement:** To enhance the health and well-being of our students, the students and staff of each building, by providing high-quality meals and menu items that are attractive, nutritious, and appropriate for all students, regardless of age, gender, race, ethnic origin, socio-economic status, or physical or mental ability.

---

[Visit our website for nutrition information, free/reduced applications, and more about our program at https://www.schoolcafes.com.](https://www.schoolcafes.com) Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-9859. School lunch money may be transferred to other accounts, carried over to the next school year, or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at www.schoolcafes.com.

---

**Disclaimer:** The primary objective of our meal program is to provide nutritionally balanced meals to our students, in accordance with the National School Lunch Program guidelines. To the best of our knowledge, the information contained herein is accurate and up-to-date. However, errors may occur in the transcription of data or in the absence of certain information. The school district is not responsible for any errors or omissions in the information contained herein. The school district is not responsible for any loss or damage caused by any person relying on this information. The school district is not responsible for any action taken by any person relying on this information. The information contained herein is not intended to be a substitute for the advice of a licensed physician. To the best of our knowledge, all documents are accurate and up-to-date. However, errors may occur in the transcription of data or in the absence of certain information. The school district is not responsible for any errors or omissions in the information contained herein. The school district is not responsible for any loss or damage caused by any person relying on this information. The school district is not responsible for any action taken by any person relying on this information. The information contained herein is not intended to be a substitute for the advice of a licensed physician.
Calories provide energy, which we need to survive and perform daily activities. The calories we get from food and beverages allow us to breathe, walk, run, laugh, and even to pump blood! Calorie needs vary depending on age, sex, height, and activity level. Calorie needs are often higher during the teenage years than any other time of life. During this period of rapid growth and development, boys require an average of 2,800 calories a day. Below is a detailed list of calorie needs for teens by age, sex, and activity level.

<table>
<thead>
<tr>
<th>Age</th>
<th>Sex</th>
<th>Not Active</th>
<th>Moderately Active</th>
<th>Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>Female</td>
<td>1,800</td>
<td>2,000</td>
<td>2,200</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>2,000</td>
<td>2,200</td>
<td>2,600</td>
</tr>
<tr>
<td>14-16</td>
<td>Female</td>
<td>1,800</td>
<td>2,000</td>
<td>2,200</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>2,000-2,200</td>
<td>2,400-2,600</td>
<td>2,800-3,000</td>
</tr>
<tr>
<td>16-18</td>
<td>Female</td>
<td>1,800</td>
<td>2,000</td>
<td>2,200</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>2,400</td>
<td>2,800</td>
<td>3,200</td>
</tr>
</tbody>
</table>

Every Day
Most grain items are whole grain rich.

### Breakfast & Lunch

#### Monday, September 30, 2019

**Breakfast**
- Cinnamon Glazed French Toast
- Hot Oatmeal or Assorted Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Graham

**Lunch**
- Cheeseburger on a Bun
- BBQ Pulled Pork Nachos
- Hamburger on a Bun
- Chicken Quesadilla with Steamed Brown Rice
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries

**Tuesday, October 1, 2019**

**Breakfast**
- Scrambled Eggs & Sausage Patty with Warm Biscuit or Tortilla
- Frozen Peach Cup
- Hot Oatmeal or Assorted Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

**Lunch**
- BBQ Baja Chicken Salad: Black Bean Salsa, Lettuce & Spinach Mix, Croutons, Breadstick & Tea Roll

**Wednesday, October 2, 2019**

**Breakfast**
- Breakfast Sausage Wrap with Maple Syrup
- Iced Mixed Fruit Cup
- Hot Oatmeal or Assorted Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

**Lunch**
- Lemongrass Chicken with Steamed Brown Rice & Tea Roll
- Fish Wedge on a Bun
- BBQ Pulled Pork Sandwich
- Sandwich of the Day: Country Boy
- Steamed Broccoli
- Steamed Peas

**Thursday, October 3, 2019**

**Breakfast**
- Oatmeal Chipper Breakfast Round
- Hot Apple Oatmeal or Assorted Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

**Lunch**
- Oven-Fried Baked Chicken with Tea Roll
- Pepperoni Pocket
- Spanish Hamburger with Tea Roll
- Sandwich of the Day: Classic
- Flaming Potato Stix
- Glazed Butternut Squash

**Friday, October 4, 2019**

**Breakfast**
- Glazed Cinnamon Roll
- Hot Oatmeal or Assorted Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

**Lunch**
- Macho Nachos
- Buffalo Chicken Sandwich
- Not So Macho Nachos
- BBQ Rib Sandwich
- Sandwich of the Day: Hoagie
- Potato Smiles
- Steamed Carrots

**Menu Key:**
- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item

Complimentary Breakfast is available for ALL Enrolled Students in All Schools!