

**September High School Lunch Menu
High School**

Clarinda High School

Monday

4

No school today

11

Chicken Patty on WG Bun
Burrito and Cheese Cup
Broccoli, steamed
Sweet Potatoes
Cinnamon Apples, warm
Watermelon
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable/String Cheese

18

BBQ Rib /Mac & Cheese
Bratwurst on Bun
Peas
Assorted Fresh Vegetables
Banana
Grapes
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable & Cheese

Tuesday

5

Breaded Chs Sticks/Sauce
Taco, HS 2 each
Corn, creamed
Waffle Fries
Pears
Orange Smiles (4)
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable/String Cheese

12

Corndog on a Stick
Walking Taco
Carrot, baby
Tomatoes, Cherry
Mandarin Oranges
Pears
Refried Beans
Spanish Rice
Tortilla chips & salsa
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable/String Cheese

19

Shrimp Bites & Fries
Taco Bar
Mexi-Corn
Celery Sticks
Tropical Fruit Cup
Strawberries, Fresh
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable/String Cheese

Wednesday

6

Hot Ham & Cheese
Calzone, Three Cheese
Winter Mix Veg
Carrot and Celery
Clementine
Mixed Berry Cup
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable/String Cheese
Rice Krispy Bar

13

Grilled Cheese/Texas Toast
Tomato soup
Beef Fingers (6)
Green Beans
Winter Mix Veg
Apple, fresh sliced or whole
Pineapple Tidbits
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable/String Cheese

20

Pizza, sausage MAX
Flying Saucer
Garden Salad
Green Beans
Peach cup
Craisins
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable & Cheese

Thursday

7

Bosco Pizza Sticks-2
Pasta Bake
Garden Salad
Corn
Peaches
Applesauce Cup
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable/String Cheese

14

Chicken Tenders - HS
Pasta w/choice of sauce
Italian Blend Veg
Cheezy Hashbrowns
Orange Smiles (4)
Raisels
Breadstick, WG
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable/String Cheese

21

Turkey Croissant & Chips
Pasta/Meat Sc and Garlic
Bread
Broccoli & Cheese
Pineapple Tidbits
Pears
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable & Cheese

Friday

1

Chicken Drumstick
Mashed Potatoes
Peas
Mandarin Oranges
Apple, fresh sliced or whole
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable/String Cheese

8

Cardinal Chicken Wrap
Crispitos HS
Cauliflower, steamed
Baked Beans
Cantaloupe
Fruit- Canned, Fresh or Juice
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable/String Cheese

15

Pizza, Variety
Sloppy Joe on WG bun
Corn
Garden Salad
Peaches
Mixed Fruit
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable/String Cheese
Chips, assorted

22

Quesadilla
Pizza Cheese Crunchers
Lettuce/Cheese Garnish
Tomato, fresh, diced
Applesauce Cup
Mixed Fruit
Tea Roll WG
Milk Skim
Milk, chocolate skim
Uncrustable/String Cheese

25

Malibu Chicken Sandwich
 Biscuit & Gravy & Scr, Eggs
 Carrot, glazed
 Potato, Sliced, buttered
 Pineapple Tidbits
 Strawberry Applesauce
 Tea Roll WG
 Milk Skim
 Milk, chocolate skim
 Uncrustable & Cheese

26

Grilled or Buffalo Chicken /
 Bun
 Taco, HS 2 each
 Celery & Peanut Butter
 Spinach Salad
 Apricots
 Pineapple Tidbits
 Tea Roll WG
 Milk Skim
 Milk, chocolate skim
 Uncrustable & Cheese

27

Pizza Doublestuff Whole Grain
 Meatball Sub w/marinara
 Garden Salad
 Corn
 Banana
 Juice Cup or Box
 Tea Roll WG
 Milk Skim
 Milk, chocolate skim
 Uncrustable/String Cheese

28

Chili and Cinnamon roll
 Chicken Alfredo Pasta
 Tater Tots
 Fresh Cut Veggies
 Mandarin Oranges
 Apples & Caramel
 Tea Roll WG
 Milk Skim
 Milk, chocolate skim
 Uncrustable & Cheese

29

Burger on Bun
 Green Beans
 Baked Beans
 Cuties Oranges
 Watermelon
 Chips, assorted
 Tea Roll WG
 Milk Skim
 Milk, chocolate skim
 Cheese Slices
 Uncrustable/String Cheese
 Ice Cream Sandwich

MENUS SUBJECT TO CHANGE DUE TO AVAILABILITY OF PRODUCTS