

# SOUTHERN WELLS JR/SR HIGH SCHOOL

## SUMMER/FALL MENU

**2019**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Week 1</b>	Chicken tenders Hot/spicy tenders Applesauce Mashed potatoes Cooked broccoli B/B and Milk	Drumstick or Fish nuggets Mixed fruit Baked beans Rice Krispy treat Roll and Milk	Loaded fries w/ taco meat or BBQ pork Garlic twist Pears Green beans Milk	French tst sticks w/sausage or cheese omelet, juice cup Hash browns Fresh carrots Milk	Rectangle pizza or Quesadilla Peaches Lettuce salad Cherry tomatoes Milk
<b>Week 2</b>	Br. Chicken sand or Hot/Spicy Applesauce French fries Fresh veggies Milk	Taco Tuesday or Chicken fajita Tortilla chips Mixed fruit, refried beans, Spanish rice Milk	Lasagna or Chicken Alfredo Bosco breadstick Pears Lettuce salad Fresh veggies & Milk	Chicken noodles or Turkey slice Oranges Mashed potatoes Cucumbers Roll and Milk	Stuffed crust Pizza BBQ chix flatbread Peaches Green beans Carrots Milk
<b>Week 3</b>	Beef teriyaki dippers or Orange Chicken, rice Corn, applesauce Churro stick Fresh broccoli Milk	Salisbury Steak or Chicken breast Mixed fruit Mashed potatoes Cherry tomatoes Roll and Milk	Br. Tenderloin sand or Cheeseburger Pears Baked beans Cucumbers Milk	Pancakes w/choice of sausage patties or cheese omelet Apple, carrots Hash browns Milk	Chicken nuggets or Sriracha chic nuggets Peaches Peas Red peppers B/B and Milk
<b>DATES</b>	<b><u>WEEK 1</u></b> 8/5      10/28 8/26      11/18 9/16      12/9 10/7	<b><u>WEEK 2</u></b> 8/12      11/4 9/2        11/25 9/23      12/16 10/14	<b><u>WEEK 3</u></b> 8/19      11/11 9/9        12/2 9/30 10/21	<b>SALAD BAR AVAILABLE DAILY  MENU SUBJECT TO CHANGE</b>	<b>MUST PICK ½ CUP FRUIT OR VEGETABLE</b>

