

SOUTHERN WELLS JR/SR HIGH SCHOOL

SUMMER/FALL MENU

2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Chicken tenders Hot/spicy tenders Applesauce Mashed potatoes Baked beans B/B and Milk	Sausage gravy or Cheese omelet Biscuit, Mixed fruit Hash browns Carrots Milk	Loaded fries' w/taco meat or BBQ pork Garlic twist Pears Green beans, peppers Milk	Soup/Salad Bar Bosco Lettuce salad Oranges Cherry tomatoes Milk	Rectangle pizza or Chicken quesadilla Peaches Peas Celery Milk
Week 2	Cheeseburger or BBQ pork sand French fries Applesauce Cucumbers Milk	Taco Tuesday or Chicken Fajita Tortilla chips Mixed fruit, refried beans, Spanish rice Celery and Milk	Lasagna or Chicken alfredo Bosco Pears Lettuce Red peppers and Milk	Chicken noodles or Turkey slice Mashed potatoes Apple Green beans Roll and Milk	Chicken nuggets or Fish nuggets Peaches Corn Assorted veggies B/B and Milk
Week 3	Sloppy Jo or Hot dog, applesauce Mac/cheese Green beans Red peppers Milk	Salisbury Steak or Country fried steak Mixed fruit Mashed potatoes Carrots Roll/butter and Milk	Br. Chicken or Hot/Spicy sand Pears Baked beans Cooked broccoli Milk	Sausage patties or Egg casserole Pancakes or waffles Juice cup, celery Hash brown Milk	Stuffed crust pizza Fiestada pizza Peaches Corn Cherry tomatoes Milk
DATES	<u>WEEK 1</u> 8/8 10/31 8/29 11/21 9/19 12/12 10/10 Menu's subject to change!	<u>WEEK 2</u> 8/15 11/7 9/5 11/28 9/26 12/19 10/17 Must pick fruit or Vegetable!	<u>WEEK 3</u> 8/22 11/14 9/12 12/5 10/3 10/24	<u>Sack lunch option</u> Available daily Uncrustable Cheese stick, chips or Lunchable, chips Fruit, veggies and Milk	<u>Chef salad option</u> Available daily Lettuce, ham, cheese, fruit, veggies fish crackers, croutons and Milk