

SOUTHERN WELLS JR/SR HIGH SCHOOL

SUMMER/FALL MENU

2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Chicken tenders Spicy tenders Applesauce Mashed potatoes B/B Milk	Tenderloin or Raider Rib Mixed fruit French fries Baked beans Carrots and Milk	Loaded Baked Potato (Taco or BBQ pork) Garlic twist Pears Green beans, peppers Milk	Soup/Salad Bar Bosco Lettuce salad Oranges Cherry tomatoes Milk	Rectangle pizza Chicken quesadilla Peaches Peas Celery Milk
Week 2	Cheeseburger BBQ pork sand French fries Applesauce Cucumbers Milk	Taco Tuesday Chicken Fajita Tortilla chips Mixed fruit, refried beans, Spanish rice Celery and Milk	Lasagna Chicken alfredo Bosco Pears Lettuce Red peppers and Milk	Chicken noodles Turkey slice Mashed potatoes Apple Green beans Roll and Milk	Chicken nuggets Sriracha nuggets Peaches Corn Assorted veggies B/B and Milk
Week 3	Smokies or Fish Mac/cheese Applesauce Green beans Red peppers B/B and Milk	Salisbury Steak Country fried steak Mixed fruit Mashed potatoes Carrots Roll/butter and Milk	Br. Chicken Hot/Spicy sand Pears Baked beans Cooked broccoli Milk	Sausage patties Egg casserole Pancakes or waffles Juice cup, celery Hash brown Milk	Stuffed crust pizza Corn dog Peaches Corn Cherry tomatoes Milk
DATES	<u>WEEK 1</u> 8/7 10/30 8/28 11/20 9/18 12/11 10/9 Menu's subject to change!	<u>WEEK 2</u> 8/14 11/6 9/4 11/27 9/25 12/18 10/16 Must pick fruit or Vegetable!	<u>WEEK 3</u> 8/21 11/13 9/11 12/4 10/2 10/23	<u>Sack lunch option</u> Available daily- Uncrustable Cheese stick, chips, Fruit, veggies and Milk	<u>Chef salad option</u> Available daily- Lettuce, ham, cheese, fruit, veggies fish crackers, croutons and Milk