

# Troy High and Athens Lunch Menus



April 2018

# APRIL MENU

## CREATIONS

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>2<sup>nd</sup>-6<sup>th</sup></b>	No School – Spring Break!	No School – Spring Break!	No School – Spring Break!	No School – Spring Break!	No School – Spring Break!
<b>9<sup>th</sup>-13<sup>th</sup></b>	<b>Sweet &amp; Sour Chicken with Brown Rice</b> Steamed Broccoli	<b>Spaghetti with Meat Sauce or Marinara V &amp; Garlic Breadstick</b> Roasted Italian Vegetables	<b>Pulled Pork with Cornbread Biscuit</b> Sweet Potato Fries	<b>Chili Cheese Fries with Roll</b> Green Beans	<b>Cheese Quesadillas V</b> <b>Beef/Bean and Cheese Nachos V</b> Aztec Corn
<b>16<sup>th</sup>-20<sup>th</sup></b>	<b>General Tso Chicken with Fried Rice</b> Roasted Carrots	<b>Beefy Mac with Dinner Roll</b> Steamed Broccoli	<b>Beef/Bean and Cheese Tacos V</b> <b>Beef/Bean and Cheese Nachos V</b> Mexican Black Beans	<b>Chicken Potato Bowl with Dinner Roll</b> Corn	<b>Breakfast Burrito</b> Tater Tots
<b>23<sup>rd</sup>-27<sup>th</sup></b>	<b>Orange Chicken with Fried Rice</b> Oriental Vegetables	<b>Broccoli Chicken Alfredo with Dinner Roll</b> Steamed Broccoli	<b>Steak Fajitas</b> <b>Beef/Bean and Cheese Nachos V</b> Refried Beans	4/26 Early Release Day – No Lunch	<b>Waffles V with Turkey Sausage</b> Hash Browns
<b>30<sup>th</sup>-4<sup>th</sup></b>	<b>Enchilada Casserole</b> Mexican Black Beans	<b>Mac and Cheese with Dinner Roll V</b> Steamed Broccoli	<b>Chicken Potato Bowl</b> Corn	<b>Chicken Drumstick with Biscuit</b> Mashed Potatoes and Gravy	<b>French Toast Sticks V with Turkey Sausage</b> Hash Browns

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 2 oz M/MA, 2 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian. Many of our other daily specials have the option to be made **vegetarian**, just ask!



# GRILL

## APRIL MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>2<sup>nd</sup>-6<sup>th</sup></b>	No School – Spring Break!	No School – Spring Break!	No School – Spring Break!	No School – Spring Break!	No School – Spring Break!
<b>9<sup>th</sup>-13<sup>th</sup></b>	<b>Philly Cheesesteak</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	<b>Chicken Parm Sandwich</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	<b>Bacon Cheeseburger</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	<b>Pulled Pork Sandwich</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	<b>Chicken Cordon Bleu</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓
<b>16<sup>th</sup>-20<sup>th</sup></b>	<b>Grilled Cheese ✓</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	<b>Chicken Philly</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	<b>Meatball Sub</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	<b>Hot Dog</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	<b>Fish Sandwich</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓
<b>23<sup>rd</sup>-27<sup>th</sup></b>	<b>Philly Cheesesteak</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	<b>Chicken Parm Sandwich</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	<b>Bacon Cheeseburger</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	4/26 Early Release Day – No Lunch	<b>Chicken Cordon Bleu</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓
<b>30<sup>th</sup>-4<sup>th</sup></b>	<b>Grilled Cheese ✓</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	<b>Chicken Philly</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	<b>Meatball Sub</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	<b>Hot Dog</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓	<b>Fish Sandwich</b> Hamburger/Cheeseburger Garden/Black Bean Burger ✓ Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks ✓

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 2 oz M/MA, 2 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat. Items marked with a ✓ are vegetarian.





# PIZZA

## APRIL MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>2<sup>nd</sup>-6<sup>th</sup></b>	No School – Spring Break!	No School – Spring Break!	No School – Spring Break!	No School – Spring Break!	No School – Spring Break!
<b>9<sup>th</sup>-13<sup>th</sup></b>	<b>BBQ Chicken Pizza</b> Cheese Pizza <b>V</b> Pepperoni Pizza	<b>Bosco Sticks &amp; Sauce <b>V</b></b> Cheese Pizza <b>V</b> Pepperoni Pizza	<b>Garden Veggie Pizza <b>V</b></b> Cheese Pizza <b>V</b> Pepperoni Pizza	<b>Sausage Pizza</b> Cheese Pizza <b>V</b> Pepperoni Pizza	<b>Hawaiian Pizza</b> Cheese Pizza <b>V</b> Pepperoni Pizza
<b>16<sup>th</sup>-20<sup>th</sup></b>	<b>Buffalo Chicken Pizza</b> Cheese Pizza <b>V</b> Pepperoni Pizza	<b>Sausage Pizza</b> Cheese Pizza <b>V</b> Pepperoni Pizza	<b>Supreme Pizza</b> Cheese Pizza <b>V</b> Pepperoni Pizza	<b>Sausage Calzone</b> Cheese Pizza <b>V</b> Pepperoni Pizza	<b>Stromboli</b> Cheese Pizza <b>V</b> Pepperoni Pizza
<b>23<sup>rd</sup>-27<sup>th</sup></b>	<b>Taco Pizza</b> Cheese Pizza <b>V</b> Pepperoni Pizza	<b>Cheese Flatbread <b>V</b></b> Cheese Pizza <b>V</b> Pepperoni Pizza	<b>Bruschetta Pizza</b> Cheese Pizza <b>V</b> Pepperoni Pizza	4/26 Early Release Day – No Lunch	<b>Chicken Bacon Ranch Pizza</b> Cheese Pizza <b>V</b> Pepperoni Pizza
<b>30<sup>th</sup>-4<sup>th</sup></b>	<b>Cheeseburger Pizza</b> Cheese Pizza <b>V</b> Pepperoni Pizza	<b>Sausage Pizza</b> Cheese Pizza <b>V</b> Pepperoni Pizza	<b>Buffalo Chicken Pizza</b> Cheese Pizza <b>V</b> Pepperoni Pizza	<b>Meatball Calzone</b> Cheese Pizza <b>V</b> Pepperoni Pizza	<b>Margherita Pizza <b>V</b></b> Cheese Pizza <b>V</b> Pepperoni Pizza

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 2 oz M/MA, 2 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian.

# APRIL MENU

## DELI

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Protein</u></b>	<b><u>Protein</u></b>	<b><u>Protein</u></b>	<b><u>Protein</u></b>	<b><u>Protein</u></b>
Salami	Buffalo Chicken	Bacon	Chicken Nuggets	Pepperoni
Turkey	Turkey	Turkey	Turkey	Turkey
Ham	Ham	Ham	Ham	Ham
Roast Beef	Roast Beef	Roast Beef	Roast Beef	Roast Beef
Chicken/Tuna Salad	Chicken/Tuna Salad	Chicken/Tuna Salad	Chicken/Tuna Salad	Chicken/Tuna Salad
Hummus <b>V</b>	Hummus <b>V</b>	Hummus <b>V</b>	Hummus <b>V</b>	Hummus <b>V</b>
American Cheese <b>V</b>	American Cheese <b>V</b>	American Cheese <b>V</b>	American Cheese <b>V</b>	American Cheese <b>V</b>
White American/Swiss <b>V</b>	White American/Swiss <b>V</b>	White American/Swiss <b>V</b>	White American/Swiss <b>V</b>	White American/Swiss <b>V</b>
<b><u>Bread</u></b> <b>V</b>	<b><u>Bread</u></b> <b>V</b>	<b><u>Bread</u></b> <b>V</b>	<b><u>Bread</u></b> <b>V</b>	<b><u>Bread</u></b> <b>V</b>
Whole Grain Sub	Whole Grain Sub	Whole Grain Sub	Whole Grain Sub	Whole Grain Sub
Whole Grain Tortilla	Whole Grain Tortilla	Whole Grain Tortilla	Whole Grain Tortilla	Whole Grain Tortilla
Whole Grain Bread	Whole Grain Bread	Whole Grain Bread	Whole Grain Bread	Whole Grain Bread
Whole Grain Flatbread	Whole Grain Flatbread	Whole Grain Flatbread	Whole Grain Flatbread	Whole Grain Flatbread
<b><u>Veggies</u></b> <b>V</b>	<b><u>Veggies</u></b> <b>V</b>	<b><u>Veggies</u></b> <b>V</b>	<b><u>Veggies</u></b> <b>V</b>	<b><u>Veggies</u></b> <b>V</b>
Lettuce	Lettuce	Lettuce	Lettuce	Lettuce
Spinach	Spinach	Spinach	Spinach	Spinach
Tomato	Tomato	Tomato	Tomato	Tomato
Onions	Onions	Onions	Onions	Onions
Black Peppers	Black Peppers	Black Peppers	Black Peppers	Black Peppers
Green Peppers	Green Peppers	Green Peppers	Green Peppers	Green Peppers
Banana Peppers	Banana Peppers	Banana Peppers	Banana Peppers	Banana Peppers
Pickles	Pickles	Pickles	Pickles	Pickles
<b><u>Sauce</u></b> <b>V</b>	<b><u>Sauce</u></b> <b>V</b>	<b><u>Sauce</u></b> <b>V</b>	<b><u>Sauce</u></b> <b>V</b>	<b><u>Sauce</u></b> <b>V</b>
Mayo	Mayo	Mayo	Mayo	Mayo
Chipotle Mayo	Chipotle Mayo	Chipotle Mayo	Chipotle Mayo	Chipotle Mayo
Mustard	Mustard	Mustard	Mustard	Mustard
Italian/Ranch Dressing	Italian/Ranch Dressing	Italian/Ranch Dressing	Italian/Ranch Dressing	Italian/Ranch Dressing

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 2 oz M/MA, 2 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian.



# FAST TAKES

## APRIL MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>2<sup>nd</sup>-6<sup>th</sup></b>	No School – Spring Break!	No School – Spring Break!	No School – Spring Break!	No School – Spring Break!	No School – Spring Break!
<b>9<sup>th</sup>-13<sup>th</sup></b>	Turkey and Cheese Ham and Cheese Chicken Caesar Wrap Chef Salad Garden Salad <b>V</b>	Ham and Cheese American Sub American Wrap Chicken Caesar Salad Garden Salad <b>V</b>	Turkey and Cheese Ham and Cheese Sub Buffalo Chicken Wrap Crispy Chicken Salad Garden Salad <b>V</b>	Ham and Cheese American Sub Crispy Chicken Wrap Chef Salad Garden Salad <b>V</b>	Turkey and Cheese Italian Sub Ranch Chicken Wrap Chicken Fajita Salad Garden Salad <b>V</b>
<b>16<sup>th</sup>-20<sup>th</sup></b>	Turkey and Cheese Ham and Cheese Chicken Caesar Wrap Chef Salad Garden Salad <b>V</b>	Ham and Cheese American Sub Buffalo Chicken Wrap Chicken Caesar Salad Garden Salad <b>V</b>	Turkey and Cheese Turkey Club Sub Turkey Club Wrap Buffalo Chicken Salad Garden Salad <b>V</b>	Ham and Cheese Italian Sub Italian Wrap Chef Salad Garden Salad <b>V</b>	Turkey and Cheese Buffalo Chicken Sub Southwest Wrap Beef Taco Salad Garden Salad <b>V</b>
<b>23<sup>rd</sup>-27<sup>th</sup></b>	Turkey and Cheese Ham and Cheese Chicken Caesar Wrap Chef Salad Garden Salad <b>V</b>	Ham and Cheese American Sub American Wrap Chicken Caesar Salad Garden Salad <b>V</b>	Turkey and Cheese Ham and Cheese Sub Buffalo Chicken Wrap Crispy Chicken Salad Garden Salad <b>V</b>	4/26 Early Release Day – No Lunch	Turkey and Cheese Italian Sub Ranch Chicken Wrap Chicken Fajita Salad Garden Salad <b>V</b>
<b>30<sup>th</sup>-4<sup>th</sup></b>	Turkey and Cheese Ham and Cheese Chicken Caesar Wrap Chef Salad Garden Salad <b>V</b>	Ham and Cheese American Sub Buffalo Chicken Wrap Chicken Caesar Salad Garden Salad <b>V</b>	Turkey and Cheese Turkey Club Sub Turkey Club Wrap Buffalo Chicken Salad Garden Salad <b>V</b>	Ham and Cheese Italian Sub Italian Wrap Chef Salad Garden Salad <b>V</b>	Turkey and Cheese Buffalo Chicken Sub Southwest Wrap Beef Taco Salad Garden Salad <b>V</b>

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 2 oz M/MA, 2 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian.