

# Baker Lunch Menu



August/September 2018



# CREATIONS

## AUG/SEPT MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
27 <sup>th</sup> -31 <sup>st</sup>		Welcome Back! ½ Day for Students No Lunch	Chili Stuffed Baked Potatoes with Steamed Broccoli and a Dinner Roll	Buffalo Chicken Mac and Cheese with Sweet Potato Bites and a Dinner Roll	No School
3 <sup>rd</sup> -7 <sup>th</sup>	No School – Labor Day	Mac and Cheese with Dinner Roll and Broccoli V	Pizza Stuffed Bosco Stick with Dipping Sauce and Green Beans	Chicken Nuggets with Steamed Corn and a Dinner Roll	French Toast V with Turkey Sausage and Hash Browns
10 <sup>th</sup> – 14 <sup>th</sup>	Oven Roasted Chicken with Macaroni and Cheese and Broccoli	Country Fried Steak with Mashed Potatoes, Gravy and a Dinner Roll	BBQ Pulled Pork Platter with Baked Beans and a Corn Biscuit	Chicken Nuggets with Roasted Butternut Squash and a Dinner Roll	Baked Penne with Green Beans and a Dinner Roll V
17 <sup>th</sup> -21 <sup>st</sup>	Pizza Stuffed Bosco Sticks with Dipping Sauce and California Vegetable Blend	Mini Corn Dogs with Steamed Broccoli	Beefy Macaroni with Dinner Roll and Roasted Carrots	Chicken Potato Bowl with Corn, Mashed Potatoes, Gravy, and a Dinner Roll	Build-Your-Own Breakfast Burritos with Sweet Potato Bites
24 <sup>th</sup> - 28 <sup>th</sup>	Philly Cheese Steak Sandwich with California Vegetable Blend	Broccoli Chicken Alfredo with Roasted Carrots and a Dinner Roll	Chili Baked Potatoes with Steamed Broccoli and a Dinner Roll	Early Release Day	Waffles V with Turkey Sausage and Hash Brown Patties

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 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!



# AUG/SEPT MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EVERYDAY OPTIONS:</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>
<b>27<sup>th</sup>-31<sup>st</sup></b>		Welcome Back! ½ Day for Students No Lunch	<b>Bacon Cheeseburger</b>	<b>Pulled Pork Sandwich</b>	No School
<b>3<sup>rd</sup>-7<sup>th</sup></b>	No School – Labor Day	<b>Chicken Philly Sandwich</b>	<b>Italian Meatball Sub</b>	<b>Hot Dog</b>	<b>Chicken Club</b>
<b>10<sup>th</sup>-14<sup>th</sup></b>	<b>Philly Cheesesteak</b>	<b>Chicken Parm Sandwich</b>	<b>Bacon Cheeseburger</b>	<b>Pulled Pork Sandwich</b>	<b>Chicken Cordon Blue Sandwich</b>
<b>17<sup>th</sup>-21<sup>st</sup></b>	<b>BBQ Bacon Cheeseburger</b>	<b>Chicken Philly Sandwich</b>	<b>Italian Meatball Sub</b>	<b>Hot Dog</b>	<b>Chicken Club</b>
<b>24<sup>th</sup>-28<sup>th</sup></b>	<b>Grilled Cheese Sandwich</b> <b>V</b>	<b>Chicken Parm Sandwich</b>	<b>Bacon Cheeseburger</b>	Early Release Day	<b>Chicken Cordon Blue Sandwich</b>

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 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 **V** are vegetarian.



# PIZZA

## AUG/SEPT MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EVERYDAY OPTIONS:</b>	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza
<b>27<sup>th</sup>-31<sup>st</sup></b>		Welcome Back! ½ Day for Students No Lunch	<b>Bruschetta Pizza</b>	<b>Sausage Pizza</b>	No School
<b>3<sup>rd</sup> - 7<sup>th</sup></b>	<b>Mac &amp; Cheese Pizza</b>	<b>Sausage Pizza</b>	<b>Buffalo Chicken Pizza</b>	<b>Meatball Calzone</b>	<b>Margherita Pizza</b>
<b>10<sup>th</sup> -14<sup>th</sup></b>	<b>BBQ Chicken Pizza</b>	<b>Meatlover’s Calzone</b>	<b>Veggie Pizza <b>V</b></b>	<b>Sausage Pizza</b>	<b>Breakfast Pizza</b>
<b>17<sup>th</sup>-21<sup>st</sup></b>	<b>Buffalo Chicken Pizza</b>	<b>Sausage Pizza</b>	<b>Supreme Pizza</b>	<b>Sausage Calzone</b>	<b>Chicken Spinach Alfredo</b>
<b>24<sup>th</sup> -28<sup>th</sup></b>	<b>Mushroom Chicken Pizza</b>	<b>Cheese Flatbread <b>V</b></b>	<b>Bruschetta Pizza <b>V</b></b>	Early Release Day	<b>Chicken Bacon Ranch Pizza</b>

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# SALSA

## AUG/SEPT MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EVERYDAY OPTIONS:</b>	<b>Beef or Bean and Cheese Nachos</b> ✓ <i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>	<b>Beef or Bean and Cheese Nachos</b> ✓ <i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>	<b>Beef or Bean and Cheese Nachos</b> ✓ <i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>	<b>Beef or Bean and Cheese Nachos</b> ✓ <i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>	<b>Beef or Bean and Cheese Nachos</b> ✓ <i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>
<b>27<sup>th</sup>-31<sup>st</sup></b>	<b>Enchilada Suiza</b> Refried Pinto Beans	<b>Chicken Burrito</b> Taco Fiesta Black Beans	<b>Beef Quesadilla</b> Refried Pinto Beans	<b>Chicken Burrito Bowl</b> Taco Fiesta Black Beans	<b>Cheese Quesadilla</b> ✓ Refried Pinto Beans
<b>3<sup>rd</sup>-7<sup>th</sup></b>	<b>Enchilada Casserole</b> Taco Fiesta Black Beans	<b>Beef Tacos</b> Refried Pinto Beans	<b>Chicken Quesadilla</b> Taco Fiesta Black Beans	<b>Chicken Fajitas</b> Refried Pinto Beans	<b>Beef Quesadilla</b> Taco Fiesta Black Beans
<b>10<sup>th</sup>-14<sup>th</sup></b>	<b>Chicken Enchiladas</b> Taco Fiesta Black Beans	<b>Steak Fajitas</b> Refried Pinto Beans	<b>Cheese Quesadillas</b> ✓ Taco Fiesta Black Beans	<b>Beef Tacos</b> Refried Pinto Beans	<b>Beef Quesadilla</b> Taco Fiesta Black Beans
<b>17<sup>th</sup>-21<sup>st</sup></b>	<b>Beans Enchiladas</b> ✓ Refried Pinto Beans	<b>Cheese Quesadillas</b> ✓ Taco Fiesta Black Beans	<b>Mini Chicken Tacos</b> Refried Pinto Beans	<b>Chicken Fajitas</b> Taco Fiesta Black Beans	<b>Beef Tacos</b> ✓ Refried Pinto Beans
<b>24<sup>th</sup>-28<sup>th</sup></b>	<b>Enchilada Suiza</b> Refried Pinto Beans	<b>Chicken Burrito</b> Taco Fiesta Black Beans	<b>Beef Quesadilla</b> Refried Pinto Beans	<b>Chicken Burrito Bowl</b> Taco Fiesta Black Beans	<b>Cheese Quesadilla</b> ✓ Refried Pinto Beans

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 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.

# AUG/SEPT MENU

# DELI

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

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

## AUG/SEPT MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>27<sup>th</sup>-31<sup>st</sup></b>		Welcome Back! ½ Day for Students No Lunch	Buffalo Chicken Wrap Turkey and Cheese Ham and Cheese Sub Crispy Chicken Salad Garden Salad <b>V</b>	Crispy Chicken Wrap Ham and Cheese American Sub Chef Salad Garden Salad <b>V</b>	No School
<b>3<sup>rd</sup> - 7<sup>th</sup></b>	Labor Day No School	Buffalo Chicken Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad <b>V</b>	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad <b>V</b>	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad <b>V</b>	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad <b>V</b>
<b>10<sup>th</sup> -14<sup>th</sup></b>	Chicken Caesar Wrap Turkey and Cheese Ham and Cheese Chef Salad Garden Salad <b>V</b>	American Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad <b>V</b>	Buffalo Chicken Wrap Turkey and Cheese Ham and Cheese Sub Crispy Chicken Salad Garden Salad <b>V</b>	Crispy Chicken Wrap Ham and Cheese American Sub Chef Salad Garden Salad <b>V</b>	Chicken Bacon Wrap Italian Sub Turkey and Cheese Fajita Chicken Salad Garden Salad <b>V</b>
<b>17<sup>th</sup>-21<sup>st</sup></b>	Chicken Caesar Wrap Turkey and Cheese Ham and Cheese Chef Salad Garden Salad <b>V</b>	Buffalo Chicken Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad <b>V</b>	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad <b>V</b>	Ham and Cheese Italian Sub Italian Wrap Chef Salad Garden Salad <b>V</b>	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad <b>V</b>
<b>24<sup>th</sup> -28<sup>th</sup></b>	Chicken Caesar Wrap Turkey and Cheese Ham and Cheese Chef Salad Garden Salad <b>V</b>	American Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad <b>V</b>	Buffalo Chicken Wrap Turkey and Cheese Ham and Cheese Sub Crispy Chicken Salad Garden Salad <b>V</b>	Early Release Day	Chicken Bacon Wrap Italian Sub Turkey and Cheese Fajita Chicken Salad Garden Salad <b>V</b>

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 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.