

HIGH SCHOOL FOOD COURT

BREAKFAST

Mini Maple Pancakes

Whole grain, maple flavored miniature pancakes

Breakfast Pizza

Cheese or sausage, made with a whole grain crust

Waffles

Whole grain, maple flavored miniature waffles

Peanut Butter & Jelly Sandwich

Whole grain sandwich filled with creamy peanut butter and grape jelly

Cereal and Crackers

Variety of sweetened and unsweetened cereal, served with whole grain crackers

LUNCH

Pizza, Pepperoni or Cheese

Personal pan pizza made with a whole grain crust

Italian Pasta Bowl

Whole grain Rotini pasta topped with house-made Italian sauce

Deli Sandwiches

Cold and hot sandwiches available

Daily Special

Ask us what today's special is!

Yogurt and Granola Bowl

Low-fat yogurt, served with house-made granola

SIDES

Fruit

100% Fruit Juice

Vegetables

Milk

Not all items available daily

Breakfast

Bagelful

Cream cheese and strawberry filling wrapped in a whole grain bagel

Bagel w/ Cream Cheese

Breakfast Sandwich

Sausage, egg, and cheese on a whole grain English muffin or biscuit

Cinnamon Apple Stick

Whole grain bread filled with warm, sweet cinnamon apple filling

Lunch

Chicken Sandwich

Served on a whole grain bun

Chicken Tenders

Served with a whole grain roll

Spicy Chicken Nuggets

Served with a whole grain roll

Hamburger/Cheeseburger

Served on a whole grain bun

Hot Dog

Served on a whole grain bun

Spicy Cheese Crunchers

Crunchers filled with melted mozzarella cheese and a dash of spicy buffalo sauce

Yogurt and Granola Bowl

Low-fat yogurt, served with house-made granola

Sides

Fruit

100% Fruit Juice

Vegetables

Milk

Not all items available daily

BREAKFAST

Peanut Butter & Jelly Sandwich

Whole grain sandwich filled with creamy peanut butter and grape jelly

Bean & Cheese Burrito

Made with a whole grain tortilla

Beef & Bean Burrito

Made with a whole grain tortilla

Grilled Cheese Sandwich

Spicy or regular, served on a whole grain bread

LUNCH

Nacho Supreme

Ground beef, beans, nacho cheese sauce, tomatoes, and jalapenos. Served with whole grain tortilla chips.

Peanut Butter & Jelly Sandwich

Whole grain sandwich filled with creamy peanut butter and grape jelly

Ultra Bean Cheese Burrito

Made w/ whole a grain tortilla

Southwestern Chicken Bowl

Seasoned chicken in a spicy enchilada sauce, served with whole grain Spanish rice, house-made spicy beans, and a whole grain roll

Yogurt and Granola Bowl

Low-fat yogurt, served with house-made granola

SIDES

Fruit

100% Fruit Juice

Vegetables

Milk

Not all items available daily

Breakfast

Coffee Cake

Fresh baked, homemade whole grain spice cake with homemade crumb topping

Cinnamon Roll

Fresh baked, whole grain cinnamon pastry. Lightly frosted with icing

Yogurt and Crackers

Low-fat yogurt, served with whole grain crackers

Cereal and Crackers

Variety of whole grain sweetened and unsweetened cereals. Served with whole grain crackers.

Lunch

Teriyaki Chicken Bowl

Lightly spiced chicken in our house-made Teriyaki sauce, served with whole grain rice and a whole grain roll.

Teriyaki Beef Bowl

Beef dunkers or meatballs in our house-made Teriyaki sauce, served with whole grain rice and a whole grain roll.

Chef/Chicken Salad

Turkey ham or chicken, cherry tomatoes, and shredded cheddar cheese on a bed of fresh romaine and iceberg lettuce. Served with ranch dressing and spicy cheese crackers

Yogurt and Granola Bowl

Low fat yogurt, served with house-made granola

Sides

Fruit

100% Fruit Juice

Milk

Vegetables

Not all items available daily