

# Auburn High School Menu

# SEPTEMBER 2014

MONDAY

NO SCHOOL

1

TUESDAY

Tornado

Hamburger on Bun  
Chicken and Noodles/Breadstick  
Marinated Vegetable Salad  
Carrots  
Kiwi  
Applesauce

2

WEDNESDAY

Breakfast Wrap

Ravioli/Roll  
Chicken Fajitas  
Mixed Greens Salad  
Mixed Vegetables  
Watermelon  
Peaches

3

THURSDAY

Muffin

Chicken Strips  
Ham and Cheese Wrap  
Carrot/Celery Sticks  
French Fries  
Apple Slices  
Pears

4

FRIDAY

French Toast Sticks

Horseshoe  
Fish Sandwich  
Red Pepper Strips  
Green Beans  
Banana  
Pineapple  
Chocolate Chip Cookie

5

Fruit/Yogurt Parfait

Chicken Nuggets  
Corn Dog  
Macaroni and Cheese  
Mixed Greens Salad  
Baked Beans  
Grapes  
Mandarin Oranges

8

Tornado

Cheese Quesadilla  
Beef and Noodles/Breadstick  
Carrot/Celery Sticks  
Peas  
Orange Slices  
Apricots

9

Breakfast Wrap

Spaghetti/Roll  
Chicken Patty on Bun  
Salad With Cucumbers  
Carrots  
Cantaloupe  
Mixed Fruit

10

Pancakes

Soft Taco  
Sliced Turkey  
Broccoli  
Mashed Potatoes  
Kiwi  
Pineapple  
Oatmeal Cookie

11

Omelet/Hashbrowns

Turkey Deli Wrap  
BBQ Chicken on Bun  
Green Pepper Strips  
Corn  
Watermelon  
Pears

12

Waffles

BBQ Chicken Wings  
Grilled Cheese Sandwich  
Salad With Cucumbers  
Baked Beans  
Apple Slices  
Peaches

15

Tornado

Meatball Sub Sandwich  
Sliced Turkey  
Carrot Sticks  
Mashed Potatoes  
Banana  
Applesauce

16

Breakfast Wrap

Lasagna/Roll  
Pork Tenderloin on Bun  
Mixed Greens Salad  
Corn  
Grapes  
Apricots

17

Muffin

Hot Ham and Cheese  
Meatloaf  
Celery Sticks  
Mashed Potatoes  
Orange Slices  
Mixed Fruit

18

French Toast Sticks

Grilled Chicken  
Cheese Quesadilla  
Rice  
Peppers/Tomatoes  
Oven Brown Potatoes  
Cantaloupe  
Mandarin Oranges  
Triple Berry Buckle

19

Fruit/Yogurt Parfait

Philly Cheesesteak Wrap  
Cheesy Bread  
Mixed Greens Salad  
Sweet Potato Fries  
Kiwi  
Pears

22

Tornado

Cheese Quesadilla  
Chicken Fajitas  
Carrot Sticks  
Green Beans  
Watermelon  
Pineapple

23

Breakfast Wrap

Nachos Grandes  
BBQ Pork on Bun  
Mexican Bean Dip  
Corn  
Apple Slices  
Peaches

24

Pancakes

Chicken Bacon Flatbread  
Sloppy Joe  
Salad With Cucumbers  
Tator Tots  
Banana  
Applesauce  
Pumpkin Bar

25

MANAGER'S CHOICE

26

Waffles

Chicken Strips  
BBQ Pork Rib on Bun  
Broccoli  
French Fries  
Grapes  
Apricots  
Brownie

29

Tornado

Hamburger on Bun  
Chicken and Noodles/Breadstick  
Marinated Vegetable Salad  
Mixed Vegetables  
Orange Slices  
Mixed Fruit

30

## DID YOU KNOW?

The average classroom pencil can write about 45,000 words!

Breakfast items available on a daily basis include cold cereal, nonfat milk (flavored or unflavored) or 1% milk (unflavored), toast, fruit and juice. Nonfat milk (flavored or unflavored) or 1% (unflavored) is available daily at lunch

Salad bar is available daily which includes romaine salad, spinach, broccoli, cauliflower, chickpeas, celery, cucumbers, shredded cheese, tomatoes, sunflower seeds, red onions, bacon bits, whole grain crackers, shredded carrots, and low fat salad dressings. Salad bar menu may vary on a daily basis