

September 2016 Auburn High School Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know...

Adolescents 14 to 18 years old need three servings/cups of dairy per day?

5

NO SCHOOL

Tornado

Chicken Nuggets
Corn Dog
Macaroni and Cheese
Carrot Sticks
Green Beans
Banana
Applesauce

6

French Toast Sticks

Spaghetti/Breadstick
Chicken Sandwich
Peppers/Tomatoes
Mixed Vegetables
Kiwi
Pears
Apple Crisp

7

Egg Sandwich

Meatloaf
Chicken Strips
Biscuit
Marinated Veg Salad
Mashed Potatoes/Gravy
Kiwi
Pineapple

1

2

MANAGER'S CHOICE

Muffin

Soft Taco
Chicken Bacon Flatbread
Broccoli Salad
Corn
Orange Slices
Mixed Fruit

8

Pancake on A Stick

Cheesy Bread
Pork Rib Sandwich
Creamy Coleslaw
Baked Beans
Strawberries
Peaches

9

Breakfast Pizza

Chicken Strips
Beef and Noodles
Breadstick
Celery Sticks
Mashed Potatoes
Apple Slices
Pineapple

12

Tornado

Bosco Sticks
Grilled Chicken
Wild Rice
Peppers/Tomatoes
Baked Beans
Grapes
Applesauce

13

Pancakes

Lasagna
Sliced Turkey
Hot Roll
Marinated Veg Salad
Carrots
Watermelon
Mandarin Oranges

14

Egg Sandwich

Thai Chicken
Hamburger
Wild Rice
Red Pepper Strips
Green Beans
Kiwi or Pears
Frosted Banana Bar

15

16

MANAGER'S CHOICE

Fruit Yogurt Parfait

Pork Tenderloin Sandwich
Chicken/Noodles/Breadstick
Red Pepper Strips
Green Beans
Banana
Mixed Fruit

19

Tornado

Sloppy Joe
Chicken Fajita
Broccoli Salad
Carrots
Apple Slices
Peaches

20

French Toast Sticks

Nachos Grandes
BBQ Pork Sandwich
Mexican Bean Dip
Corn
Kiwi
Pineapple
Brownie

21

Muffin

Fish Sandwich
Chicken Strips
Creamy Coleslaw
French Fries
Orange Slices
Applesauce

22

Pancake on A Stick

Meatball Sub Sandwich
Turkey Deli Wrap
Celery Sticks
Sweet Potato Fries
Strawberries
Mandarin Oranges

23

Breakfast Pizza

Cheese Quesadilla
Breaded Ravioli
Marinated Veg Salad
Peas
Apple Slices
Pears

26

Tornado

Bosco Sticks
Thai Chicken
Wild Rice
Red Bean Salad
Corn
Grapes
Mixed Fruit

27

Pancakes

Tator Tot Casserole
Fiesta Chicken Wrap
Carrot Sticks
Mixed Vegetables
Watermelon
Peaches
Jello Cake

28

Egg Sandwich

Chili/Crackers
Grilled Ham and Cheese
Celery Sticks
Oven Brown Potatoes
Cantaloupe
Pineapple

29

30

MANAGER'S CHOICE

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% milk (unflavored) is available daily at lunch.

Breakfast \$2.00
Lunch \$3.00
Extra Entrée \$1.40
Small Salad \$0.75
Large Salad \$1.40

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