

Menu

Entrée includes Salad Bar, & Milk & Dessert if offered....

Monday

Chicken Sandwich & Chips
Mini Pizza

Tuesday

Hot Dog & Chips
Mini Pizza

Wednesday

Ham n Cheese Flatbread Melt
Mini Pizza

Thursday

Cheese burger in a Bun & Chips
Pizza

Friday

Chicken Strips with Bacon Mac n Cheese
Mini Pizza

Friday Dessert!



Fresh Deli Sandwiches....

Meat, Cheese & lettuce on a
Whole Grain Bun

Changing Variety of Special Salads &
Wraps

Fresh leafy greens, crisp vegetables, chicken, &
cheese...Mmmm

Fresh Fruit & Vegetable Bar

All Menu items subject to availability.



USDA & Sweet Home School District are equal opportunity providers and employers.

October

Sweet Home Jr. High
School Menu
2018



Make Healthy Choices!!!

AVAILABILITY

We make every effort to have all menu items available each day. However, due to forecasting, cost controls, & efforts to control waste, some food items may run out by the time your student makes his/her selections. Should your student not receive their desired item, there will be an alternate choice. We apologize for the inconvenience.

FREE & REDUCED MEAL APPLICATIONS

FREE BREAKFAST & LUNCH FOR ALL ELEMENTARY STUDENTS IN SWEET HOME SCHOOL DISTRICT. This year Sweet Home School District Elementary schools are qualified to participate in a new program funded by USDA called the **Community Eligibility Program**. There is no application necessary for your elementary age children. However, junior high and high school students are encouraged to fill out and return eligibility application forms as usual. **They are not included in the Community Eligibility Program this year.**

AVAILABLE WITH ALL HOT LUNCHES

A choice of fresh and/or canned fruits and fresh vegetables are available on the salad bars each day, along with a 1% white, non-fat white, and non-fat sucrose chocolate milk. Please note that when following the Traditional Meal Pattern, 5 food items will be offered: 1 serving of meat or meat alternative; 1 serving of milk; 1 serving of grains/bread; 1 serving of fruit, and 1 serving of vegetables.

With Offer vs. Serve, each student must select at least 3 of the 5 items offered, to make a reimbursable meal. For grades 9-12, one of the items on the plate must be 1 cup of fruit or vegetable, or combination of both. Or the student may elect to take only 1/2 cup fruit or 1/2 cup vegetables or 1/4 c fruit and 1/4 c vegetables.

LUNCH PRICES:

Elem—FREE/2nd meal—\$2.20
J.H.....\$2.45 H.S.....\$2.70
Adult—\$3.70
Reduced.....\$.00
Breakfast....No Charge!!!



Additions to the menu below will change monthly!

Grab n Go

lunches for sale at the Kiosk!
Choose hot or cold lunch!

These are a full meal deal... requirements for a Free/Reduced Lunch

Monday

Beef Taco Salad & Tortilla Chips
Salsa & Sour Cream
Fruit & Veggie

Tuesday

Fruit Yogurt Parfait & Muffin
Fruit & Veggie

Wednesday

Crispy Chicken Salad & Crackers
Fruit & Veggie

Thursday

Turkey, Ham & Cheese Deli w/ Chips,
Fruit & Veggie

Friday

Chicken Bacon Snack Wrap w/
Chips, Fruit & Veggie
Lunches above are reimbursable and include milk...
Salad bar may be added.

