

## Daily Entrees

Entrée includes Salad Bar, & Milk

- Voted Best of 2019-2020  
New Sandwiches.....

## Hamburger or Chicken

- Nachos & Soft Tacos

Pick up a Chicken or Beef Taco, or Whole Grain Nachos in the Hot Food Line and add your own toppings at the SALAD Bar

## Pizza!



- Salads...Fresh leafy greens,

## TACO SALAD

crisp vegetables, & grated cheese...

- offered at the Nacho Bar.... Just add  
taco meat or fajita chicken....

Toasted Panini Sandwiches and

## Soup & Sub Bar!

Quesadillas

\*\*\*Design your own sub sandwich\*\*\*

We have GLUTEN FREE buns upon request...



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

OCTOBER  
2019

# SWEET HOME HIGH SCHOOL



## Eat Well... Live Healthy!!!!

### 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 choices may run out by the time your student makes his/her selections. Should your student not receive their desired choice, 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 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.

One Breakfast is free for all students in the district.

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/meat alternative; 1 serving of liquid milk; 1 serving of grains/bread; 1 serving of fruit, and 1 serving of vegetables.

Because we are 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  
duced.....\$.00  
Breakfast....No Charge!!!!  
For all students



Check out the salad bar!



## Grab n Go

### Breakfast at Break!

For students who don't get to school early enough to eat before school, a 2nd opportunity is offered at the morning break. Our district provides one breakfast at no charge.

### More Lunch Options.....

#### Monday

Warm & Melty Fiesta Wrap  
With Nacho Chips

#### Tuesday

Italian Pasta & Chicken!

#### Wednesday

Cheese Filled Focaccia Bread  
& Marinara Sauce

#### Thursday

Hot & Fresh Oriental Chicken  
& Asian Rice

#### Friday

Gone Fishin' Friday...  
Catch of the Day!

All Lunches above are reimbursable and include milk, fresh everyday salad bar,

