HIGH SCHOOL COLD LUNCH
September 2024

Menu is subject to change and a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain.

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3** 261 Soy Butter & Jelly Sandwich 621 Celery 630 Dragon Punch Vegetable Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit 934 Dino Bites	**4** 229 Turkey Ham & Cheese Croissant 602 PA Dutch Potato Salad 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce 928 Goldfish Pretzels	**5** 242 Chicken & Turkey Ham & Cheese Wedge Sandwich 611 Bagged Carrots 631 Cherry Star Vegetable Juice 534 Red Pepper Hummus 609 Dole Mixed Fruit Cup 446 Mott's Apple Juice	**6** 232 Buffalo Chicken Breast & Cheddar on Broche Bun 706 Spinach Salad w. Chickpeas 633 Sunset Sip Vegetable Juice 670 Fresh Fruit **OR** 682 Bananas 445 Mott's Fruit Punch
9 233 Rotisserie Chicken & Mozzarella on Brioche Bun 601 Homestyle Potato Salad 631 Cherry Star Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice	**10** 236 Turkey & Two Cheese Wedge Sandwich 620 Salsa 633 Sunset Sip Vegetable Juice 697 Bagged Apple Slices 446 Mott's Apple Juice 927 Cheddar Goldfish	**11** 227 Turkey Ham, Turkey Pepp & Cheese Sub 611 Bagged Carrots 632 Wango Mango Vegetable Juice 546 Cheesy Pizza Hummus 670 Fresh Fruit 657 Strawberry Craisins	**12** 234 Turkey Ham & Two Cheese 621 Celery 708 Romaine Salad w. Cherry Tomatoes 670 Fresh Fruit **OR** 682 Bananas 446 Mott's Apple Juice	**13** 274 Toasted Cheese Sandwich 611 Bagged Carrots 634 Ruby Rusher Vegetable Juice 541 Chocolate Brownie Hummus 648 Strawberry Gello Cups 670 Fresh Fruit 929 Chocolate Tiger Bites
16 232 Buffalo Chicken Breast & Cheddar on Broche Bun 620 Salsa 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 941 Tostito Scoops	**17** 261 Soy Butter & Jelly Sandwich 621 Celery 633 Sunset Sip Vegetable Juice 657 Strawberry Craisins 670 Fresh Fruit 988 Cinamon Graham Crackers	**18** 238 Chicken, Turkey Pepp & Cheese Croissant 611 Bagged Carrots 631 Cherry Star Vegetable Juice 543 Red Pepper Hummus 446 Mott's Apple Juice 670 Fresh Fruit	**19** 404 Italian Combo Wrap 632 Wango Mango Vegetable Juice 706 Spinach & Romaine Salad w/ Chickpeas 670 Fresh Fruit **OR** 682 Bananas 445 Mott's Fruit Punch Juice 937 Apple Cinnamon Bear Grahams	**20** 230 Turkey & Mozzarella on Flatbread 602 PA Dutch Potato Salad 634 Ruby Rusher Vegetable Juice 644 Dole Pear Cup 670 Fresh Fruit 930 Cheez-Its
23 236 Turkey & Two Cheese Wedge Sandwich 611 Bagged Carrots 633 Sunset Sip Vegetable Juice 543 Red Pepper Hummus 651 Wango Pineapple Smoothie Bowl 670 Fresh Fruit	**24** 229 Turkey Ham & Cheese Croissant 601 Homestyle Potato Salad 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice	**25** 230 Turkey & Mozzarella on Flatbread 620 Salsa 631 Cherry Star Vegetable Juice 659 Watermelon Craisins 670 Fresh Fruit 941 Tostito Scoops	**26** 228 Turkey Ham & Cheese Sub 621 Celery 708 Romaine Salad w. Cherry Tomatoes 670 Fresh Fruit **OR** 682 Bananas 684 Mixed Berry Applesauce	**27** 274 Toasted Cheese Sandwich 634 Ruby Rusher Vegetable Juice 611 Bagged Carrots 541 Chocolate Brownie Hummus 446 Mott's Apple Juice 670 Fresh Fruit 936 Vanilla Bear Grahams

Scan the QR Code for the NDS Color Wheel! These colors will help you identify what food group each item belongs too!