



In addition to the hot entrees, grab & go deli sandwiches, PB&Js, and salads are available. Two additional specials are offered daily and may include these:

- House Made Pizza
- Corn Dog
- Protein Packs
- Bosco Sticks w/Marinara
- Jumbo Pretzel w/Cheese
- Pizza Crunchers
- Chicken Patties

Check your schools' menu board for specifics.

Menus subject to change. Choice of fruit, vegetables, and milk offered with all entree options.

Fresh vegetable options from the U-46 Growing Green Garden incorporated into menus, when able.



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# AUGUST 2023 - U-46 MIDDLE & HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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## EAT SMART...EAT HEALTHY!

WELCOME TO SCHOOL YEAR 2023-2024

OUR MENUS HAVE BEEN TAILOR MADE FOR YOU!

LOOK FOR "BUILD YOUR OWN," "CUSTOMIZE," "MADE TO ORDER,"

"HOUSE MADE" AND "FRESH BAKED." PLUS, A WIDE VARIETY OF "GRAB 'N GO!"

CHECK YOUR SCHOOL CAFETERIA MENU BOARDS FOR DAILY UP-TO-DATE ADDITIONS TO THE MENU.



**FRESH BAKED DAILY! HOME STYLE PIZZA**



Corn contains good levels of some of the valuable B-complex group of vitamins such as thiamin, niacin, pantothenic acid, folates, riboflavin, and pyridoxine. Corn also contains healthy amounts of some important minerals like zinc, magnesium, copper, iron, and manganese. Some people believe that yellow corn is sweeter than white, but that's not the case. Yellow corn is, however, slightly better for your health than white corn, as the yellow coloration comes from beta carotene that our bodies convert to vitamin A



**BUILD YOUR OWN**  
BOOM!BOOM!  
CHICKEN PATTY  
OR  
VEGETARIAN BLACK BEAN SANDWICH  
HOMESTYLE PIZZA  
SEASONED CORN  
FRUIT JUICE MILK

**CUSTOMIZE**  
MACARONI & CHEESE WITH MEAT, BEANS AND FRESH TOPPINGS  
OR  
SPICY CHICKEN PATTY  
HOME STYLE PIZZA  
STEAMED BROCCOLI  
FRUIT JUICE MILK

**BBQ!**  
BEEF BBQ RIB PATTY  
OR  
ITALIAN CHEESE BREAD  
OR  
HOME STYLE PIZZA  
POTATO FRIES  
FRUIT JUICE MILK

**FRIDAY FUN DAY!**  
POPCORN CHICKEN WITH SAUCE AND ROLL  
OR  
BOSCO STICKS WITH MARINARA  
HOME STYLE PIZZA  
CURLY FRIES  
FRUIT JUICE MILK

**BUILD YOUR OWN**  
SPICY CHICKEN PATTY  
OR  
CHEESE QUESADILLA  
OR  
BEEF BURGER  
HOMESTYLE PIZZA  
POTATO STARS  
FRUIT JUICE MILK

**CHICKEN PATTY SANDWICH**  
OR  
BOSCO STICKS WITH MARINARA  
HOMESTYLE PIZZA  
CORN  
FRUIT JUICE MILK

BEEF BURGER ON BUN  
OR  
GRILLED CHEESE SANDWICH  
OR  
CHICKEN TENDER WRAPS  
HOMESTYLE PIZZA  
STEAMED BROCCOLI  
FRUIT JUICE MILK

**CUSTOMIZE**  
STREET TACOS LOADED NACHOS  
OR  
TACO SALAD BOWLS  
BBQ RIB PATTY ON BUN  
HOMESTYLE PIZZA  
RANCHERO BEANS  
FRUIT JUICE MILK

MINI CORN DOGS  
OR  
MOZZARELLA STICKS  
OR  
JUMBO PRETZEL W/CHEESE  
HOMESTYLE PIZZA  
CURLY FRIES  
FRUIT JUICE MILK

PHILLY CHEESESTEAK  
OR  
TONY'S PIZZA  
OR  
CHICKEN PATTY SANDWICH  
HOMESTYLE PIZZA  
POTATO STARS  
FRUIT JUICE MILK

CHICKEN TENDER WRAP  
OR  
CHEESE QUESADILLA  
OR  
BLACK BEAN BURGER  
HOMESTYLE PIZZA  
CORN  
FRUIT JUICE MILK

MEAT OR CHEESE CALZONE  
CALZONES  
OR  
BEEF BURGER ON BUN  
OR  
HOMESTYLE PIZZA  
RANCHERO BEANS  
FRUIT JUICE MILK

ORANGE CHICKEN/RICE  
OR  
JUMBO PRETZEL WITH CHEESE  
BBQ RIB PATTY ON BUN  
HOMESTYLE PIZZA  
STEAMED BROCCOLI  
FRUIT JUICE MILK

BEEF HOT DOG  
OR  
BEEF BURGER  
OR  
GARLIC FRENCH BREAD  
HOMESTYLE PIZZA  
CURLY FRIES  
FRUIT JUICE MILK

