🗏 LUNCH

SEPTEMBER 2023

Hononegah Community High School

Menu subject to change. This institution is an equal opportunity provider. Reduced Price Lunch \$.40 cents/ Paid Price Lunch \$3.50 *Please email <u>msmall@hononegah.org</u> to discuss special dietary needs. A Doctor's note is required to be on file with the school nurse.

Monday	Tuesday	Wednesday	Thursday	Friday
				BBQ Rib Sandwich or Salad Bar or Deli Sandwiches or Parfait with Apples, Oranges, Juice Broccoli, Carrots, Cucumbers, Peppers Lettuce, Tomato Slices, Baked Beans Plain 1% or Chocolate Fat Free Milk
4 LABOR DAY NO SCHOOL	Variety of Pizza or Salad Bar or 5 Deli Sandwiches or Parfait with Apples, Oranges, Bananas, Sidekick Broccoli, Carrots, Cucumbers, Peppers Lettuce, Tomato Slices, Steamed Broccoli Plain 1% or Chocolate Fat Free Milk	Chicken or Cheese Quesadilla Salad Bar or Deli Sandwiches or Parfait with Apples, Oranges, Fruit Cup Broccoli, Carrots, Cucumbers, Peppers Lettuce, Tomato Slices, Refried Beans Plain 1% or Chocolate Fat Free Milk	Bosco Sticks & Marinara Sauce Salad Bar or Deli Sandwiches or Parfait with Apples, Oranges, Bananas, Gello Cup Broccoli, Carrots, Cucumbers, Peppers Lettuce, Tomato Slices, Steamed Corn Plain 1% or Chocolate Fat Free Milk	Cheeseburger on Bun or Salad Bar or Deli Sandwiches or Parfait with Apples, Oranges, Juice Broccoli, Carrots, Cucumbers, Peppers Lettuce, Tomato Slices, French Fries Plain 1% or Chocolate Fat Free Milk
Mozzarella Sticks & Marinara Sauce of	Chicken Tenders & Dinner Roll of 2	Soft Shell Tacos or	Macaroni & Cheese & Dinner Rollord	Chicken Patty on Bun or Salad Bar 5
Salad Bar or Deli Sandwiches or Parfait	Salad Bar or Deli Sandwiches or Partait	Salad Bar or	Salad Bar or	Deli Sandwiches or Parfait
Apples, Oranges, Applesauce	Apples, Oranges, Bananas, Sidekick	Deli Sandwiches or Parfait with	Deli Sandwiches or Parfait with	With
Broccoli, Carrots, Cucumbers, Peppers	Broccoli, Carrots, Cucumbers, Peppers	Apples, Oranges, Fruit Cup	Apples, Oranges, Bananas, Gello Cup	Apples, Oranges, Juice
Lettuce, Tomato Slices,	Lettuce, Tomato Slices,	Broccoli, Carrots, Cucumbers, Peppers	Broccoli, Carrots, Cucumbers, Peppers	Broccoli, Carrots, Cucumbers, Peppers
Steamed Broccoli	Mashed Potatoes	Lettuce, Tomato Slices, Refried Beans	Lettuce, Tomato Slices, Steamed Corn	Lettuce, Tomato Slices, Green Beans
Plain 1% or Chocolate Fat Free Milk	Plain 1% or Chocolate Fat Free Milk	Plain 1% or Chocolate Fat Free Milk	Plain 1% or Chocolate Fat Free Milk	Plain 1% or Chocolate Fat Free Milk
Variety of Pizza or Salad Bar or 18	Orange Chicken over Brown Ric	Nachos or	Lasagna & Garlic Bread Sticks 021	Hotdog on Bun or
Deli Sandwiches or Parfait with	Salad Bar or	Salad Bar or	Salad Bar or	Salad Bar or
Apples, Oranges, Applesauce	Deli Sandwiches or Parfait with	Deli Sandwiches or Parfait with	Deli Sandwiches or Parfait with	Deli Sandwiches or Parfait with
Broccoli, Carrots, Cucumbers, Peppers	Apples, Oranges, Bananas, Sidekick	Apples, Oranges, Fruit Cup	Apples, Oranges, Bananas, Gello Cup	Apples, Oranges, Juice
Lettuce, Tomato Slices,	Broccoli, Carrots, Cucumbers, Peppers	Broccoli, Carrots, Cucumbers, Peppers	Broccoli, Carrots, Cucumbers, Peppers	Broccoli, Carrots, Cucumbers, Peppers
Steamed Broccoli	Lettuce, Tomato Slices	Lettuce, Tomato Slices	Lettuce, Tomato Slices, Green Beans	Lettuce, Tomato Slices, Chickpeas
Plain 1% or Chocolate Fat Free Milk	Plain 1% or Chocolate Fat Free Milk	Plain 1% or Chocolate Fat Free Milk	Plain 1% or Chocolate Fat Free Milk	Plain 1% or Chocolate Fat Free Milk
Variety of Pizza or Salad Bar 225	Chicken or Cheese Quesadilla	Build Your Own Sub Sandwich	Bosco Sticks & Marinara Sauce 28	Chicken Patty on Bun or Salad Ba 29
Deli Sandwiches or Parfait with	Salad Bar or	Salad Bar or Parfait with	Salad Bar or	Deli Sandwiches or Parfait
Apples, Oranges, Applesauce	Deli Sandwiches or Parfait with	Apples, Oranges, Fruit Cup	Deli Sandwiches or Parfait with	With
Broccoli, Carrots, Cucumbers, Peppers	Apples, Oranges, Bananas, Sidekick	Broccoli, Carrots, Cucumbers, Peppers	Apples, Oranges, Bananas, Gello Cup	Apples, Oranges, Juice
Lettuce, Tomato Slices,	Broccoli, Carrots, Cucumbers, Peppers	Lettuce, Tomato Slices	Broccoli, Carrots, Cucumbers, Peppers	Broccoli, Carrots, Cucumbers, Peppers
Steamed Broccoli	Lettuce, Tomato Slices, Refried Beans	Plain 1% or Chocolate Fat Free Milk	Lettuce, Tomato Slices, Steamed Corn	Lettuce, Tomato Slices, Green Beans
Plain 1% or Chocolate Fat Free Milk	Plain 1% or Chocolate Fat Free Milk	Cookie & Baked Chips	Plain 1% or Chocolate Fat Free Milk	Plain 1% or Chocolate Fat Free Milk

We hope you will join us for lunch. We offer a variety of options to choose from daily. All options are available to all students. Menus are posted by each serving line that list all options available daily. Please make sure to have your ID card with you at lunch. You MUST scan your ID card to receive lunch and make any A La Carte Purchases.

Gluten Free options and other special diet options (by request only and require a Doctor's note to be on file with the school nurse)

Plant based meal options available by request only in advance.

A La Carte items are also available for purchase on all serving lines.