

Struthers High School Lunch Menu

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JANUARY

Wildcats

What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

**Students must choose at least one fruit or vegetable*

Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits may include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Paid \$x.xx
Reduced \$.xx
Adult \$

This institution is an equal opportunity provider

Whole Grains Available Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3 Mexican Pizza Green Beans Choice of Fruit Choice of Milk	4 Cocca's Pizza Broccoli Choice of Fruit Choice of Milk COOKIE
7 Maxi Cheese Sticks Broccoli Choice of Fruit Choice of Milk	8 Philly Streak Sandwich Sweet Potato Fries Choice of Fruit Choice of Milk	9 Popcorn Chicken Mashed Potato / Gravy Choice of Fruit Choice of Milk	10 Classic Hamburger Green Beans Choice of Fruit Choice of Milk Potato Chips	11 Papa Johns Toss Salad Choice of Fruit Choice of Milk Cookie	
14 Breakfast For Lunch Sausage, Egg & Cheese Muffin Tri Potato Choice of Fruit Choice of Milk	15 Walking Taco Cheesy Refried Beans Corn Choice of Fruit Choice of Milk	16 Chicken parm sandwich Glazed Carrots Choice of Fruit Choice of Milk	17 Pasta / Meatballs Celery Sticks / Peanut Butter Garlic Bread Sticks Choice of Fruit Choice of Milk	18 Cocca's Pizza Tossed Salad Choice of Fruit Choice of Milk Cookie	
21 No School	22 Chicken Quesadilla or Buffalo Chicken Dip Corn Choice of Fruit Choice of Milk	23 Bacon Cheese Burger French Fries Choice of Fruit Choice of Milk	24 Popcorn Chicken Mashed Potato / Gravy Choice of Fruit Choice of Milk	25 Papa Johns Toss Salad Choice of Fruit Choice of Milk COOKIE	
28 Mexican Pizza Broccoli Choice of Fruit Choice of Milk	29 Beefy Nacho Corn Choice of Fruit Choice of Milk	30 Hot Dog Baked Beans Choice of Fruit Choice of Milk	31 Sweet & Spicy Chicken Rice Seasoned Corn Choice of Fruit Choice of Milk		
Monday Alternate Corndog	Tuesday Alternate Bosco Cheese Sticks	Wednesday Alternate Mexican Pizza	Thursday Alternate Cheeseburger Sliders	Friday Alternate Wraps	