

Struthers High School Lunch Menu

Food Service Director: Dru Clyde
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SEPTEMBER

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

Check the Menu Board Daily for special menu items and Tasty New Treats

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 two 1/2 cup serving

MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

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

Paid \$2.75
Reduced \$.40
Adult \$3.50

This institution is an equal opportunity provider

Whole Grains Available Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	No School	4 Bacon Cheeseburger BBQ Baked Beans Choice of Fruit Choice of Milk	5 Maxi Cheese Filled Sticks Green Beans Choice of Fruit Choice of Milk	6 Chicken Quesadilla Fiesta Corn With Salsa & Cheese Choice of Fruit Choice of Milk	7 Papa Johns Pizza Romaine Salad Choice of Fruit Choice of Milk Fresh Baked Cookie
10	Hamburger Glazed Baby Carrots Bonus Potato Chips Choice of Fruit Choice of Milk	11 Walking Taco Cheese Refried Beans Or Corn Choice of Fruit Choice of Milk	12 Crispy Popcorn Chicken Whipped Potatoes Choice of Fruit Choice of Milk	13 Rotini With Meatballs Green Beans Garlic Bread Stick Choice of Fruit Choice of Milk	14 Cocca's Pizza Romaine Salad Choice of Fruit Choice of Milk Fresh Baked Cookie
17	Breakfast for Lunch Pancakes W/ Syrup Hash Brown Potatoes Sausage Links Choice of Fruit Choice of Milk	18 Beef and Cheese Nachos Fresh Carrot Sticks With Salsa Choice of Fruit Choice of Milk	19 Spicy or Homestyle Chicken Sandwich Seasoned Broccoli Choice of Fruit Choice of Milk	20 Mexican Pizza Fiesta Green Beans Seasoned Black Beans Choice of Fruit Choice of Milk	21 Papa Johns Pizza Roasted Chickpeas Romaine Salad Choice of Fruit Choice of Milk Fresh Baked Cookie
24	Sweet & Spicy Chicken Over Rice Seasoned Corn Salsa Choice of Fruit Choice of Milk	25 Homemade Italian Dunkers with Sauce Glazed Carrots Choice of Fruit Choice of Milk	26 Chicken Parm Sandwich Italian Green Beans Choice of Fruit Choice of Milk	27 Corn Dog on a Stick BBQ Baked Beans Bonus Bag of Doritos Choice of Fruit Choice of Milk	28 Cocca's Pizza Romaine Salad Choice of Fruit Choice of Milk Fresh Baked Cookie
	Monday Alternate Corndog	Tuesday Alternate Bosco Cheese Sticks	Wednesday Alternate Mexican Pizza	Thursday Alternate Cheeseburger Slider	Friday Alternate Assorted Wraps