

# Struthers High School Lunch Menu

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December

# 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
3	Cheeseburger Slider Green Beans Choice of Fruit Choice of Milk	4 Walking Taco Refried Beans Salsa Choice of Fruit Choice of Milk	5 Popcorn Chicken Mashed Potato Choice of Fruit Choice of Milk Pie with Topping	6 Bosco Cheese Sticks Broccoli Choice of Fruit Choice of Milk	7 Papa Johns Romaine Salad Choice of Fruit Choice of Milk Fresh Baked Cookie
10	Sweet & Spicy Chicken Over Rice Corn Choice of Fruit Choice of Milk	11 Mexican Pizza Green Beans Choice of Fruit Choice of Milk	12 Crispy Chicken Sandwich Tri Potato Choice of Fruit Choice of Milk	13 Italian Dunker Glazed Carrots 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 Sausage Links Tri Potatos Choice of Fruit & Milk	18 Beefy Nacho Refried Beans & Salsa Choice of Fruit Choice of Milk	19 Chicken Bites Mashed Potato Choice of Fruit Choice of Milk	20 BBQ Rib Sandwich Green Beans Choice Of Fruit Choice Of Milk	21 Papa Johns Romaine Salad Choice of Fruit Choice of Milk Fresh Baked Cookie
24		25	21	22	28
31					
	Monday Alternate Chicken Sandwich	Tuesday Alternate Bosco Cheese Sticks	Wednesday Alternate Cheeseburger Slider	Thursday Alternate Mexican Pizza	Friday Alternate Wraps & Salads