

Lunch Menu Struthers High School

Food Service Director: Mary Spatholt
Mary.Spatholt@strutherscityschools.org
330-750-1062 x 41328

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**

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 \$.xx
Reduced \$.xx
Adult \$

This institution is an equal opportunity provider

Whole Grains Available Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	NO School	8 Mexican pizza Seasoned corn Choice of fruit Choice of milk	9 Bosco Cheese Stix w/dipping sauce Green beans Choice of fruit Choice of milk	10 Chicken Sandwich Choice of regular or spicy Diced parsley potatoes Choice of fruit Choice of milk	11 Papa Johns pizza Broccoli Choice of fruit Choice of milk
14	Chicken Quesadilla Green Beans Choice of fruit Choice of milk	15 Beefy Nachos Cheddar cheese and salsa Sour cream Choice of fruit Choice of milk	16 Maxi' Sticks Seasoned corn Choice of fruit Choice of milk	17 Popcorn Chicken Mashed potato and gravy Choice of fruit Choice of milk	18 Cocca's Pizza Romaine salad Choice of fruit Choice of milk
21	Pancakes Sausage links Potato tri Syrup Choice of fruit Choice of milk	22 Hamburger on Bun Onion rings Choice of fruit Choice of milk	23 Cocca's Pepperoni Rolls Green beans Choice of fruit Choice of milk	24 Spicy Chicken Bowl Seasoned corn Choice of fruit Choice of milk	25 Papa Johns Pizza Broccoli Choice of fruit Choice of milk
28	Cheeseburger Sliders Scalloped potato Choice of fruit Choice of milk	29 Beefy Nachos Seasoned corn Salsa and cheddar cheese Sour cream Choice of fruit Choice of milk	30 French Bread Pizza Green beans Choice of fruit Choice of milk	1 OCTOBER Toasted Cheese Sandwich Tomato soup Goldfish crackers Choice of milk Rice krispy treat	2 Cocca's Pizza Romaine salad Choice of fruit Choice of milk
	Monday Alternate	Tuesday Alternate	Wednesday Alternate	Thursday Alternate	Friday Alternate