

NSLA HIGH SCHOOL Lunch Menu



august 2022

MENU SUBJECT TO CHANGE WITHOUT NOTICE Lunch includes choice of ONE entrée, vegetable options, fruit, and fat free chocolate milk or 1% white milk.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
		Turkey Breast Club Sandwich w/ Nacho Chips & Bean Dip Beef Nachos w/ Baked Chips Beef Chili w/ Tortilla Chips Cucumber Slices w/ Tajin HS Banana Whole Fruit 2 1% White Milk Fat Free Chocolate Milk	Chicken Tamale w/ Seasoned Corn Italian Turkey Submarine w/ Fruitable Juice Chicken Nuggets w/ Mashed Potatoes & Dinner Roll HS Baby Carrots Pear Whole Fruit 1% White Milk Fat Free Chocolate Milk	DOMINO'S PIZZA Pepperoni OR Cheese House Salad w/ Italian Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk
8	9	10	11	12
Cheeseburger w/ Seasoned Fries Turkey & Cheese Sandwich on French Roll w/ Side of Fries Baby Carrots 2 Apple Whole Fruit (Pear) 1% White Milk Fat Free Chocolate Milk	Chicken Alfredo Pasta w/ Steamed Broccoli HS Cheese Lasagna w/ Tomato Basil Sauce & Dinner Roll Beef Pastrami & Cheese Sandwich on FR w/ Baby Carrots HS Baby Carrots Orange Whole Fruit 1% White Milk Fat Free Chocolate Milk	Chicken Burrito Bowl w/ Oatmeal Cookie Turkey Breast Club Sandwich w/ Nacho Chips & Bean Dip Jicama w/ Tajin 1/2c Banana Whole Fruit 2 1% White Milk Fat Free Chocolate Milk	Cheese Tamale w/ Seasoned Corn Italian Turkey Submarine w/ Fruitable Juice Breakfast for Lunch: Pancake, Sausage Links & Seasoned Potatoes HS Baby Carrots Pear Whole Fruit 1% White Milk Fat Free Chocolate Milk	DOMINO'S PIZZA Pepperoni OR Cheese Mixed Green Salad w/ Ranch Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk
15	16	17	18	19
Turkey & Cheese Sandwich on French Roll w/ Side of Fries Beef Hot Dog w/ Oven Baked Fries Baby Carrots Apple Whole Fruit (Pear) 1% White Milk Fat Free Chocolate Milk	Spaghetti & Meatballs HS Cheese Lasagna w/ Tomato Basil Sauce & Dinner Roll Beef Pastrami & Cheese Sandwich on FR w/ Baby Carrots HS Baby Carrots Orange Whole Fruit 1% White Milk Fat Free Chocolate Milk	Chicken Fajitas w/ Peppers, Refried Beans & Tortillas Turkey Breast Club Sandwich w/ Nacho Chips & Bean Dip Beef Nachos w/ Baked Chips Cucumber Slices w/ Tajin HS Banana Whole Fruit 1% White Milk Fat Free Chocolate Milk	Chicken Tamale w/ Seasoned Corn Popcorn Chicken w/ Cheesy Mash & Corn, WG Corn Muffin Baby Carrots Pear Whole Fruit 1% White Milk Fat Free Chocolate Milk	DOMINO'S PIZZA Pepperoni OR Cheese Veggies of the day Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk

22
Taco Burger w/ Oven
Baked Fries
Cheeseburger w/
Seasoned Fries
Double Cheese Sandwich
on OD w/ Seasoned Fries
Baby Carrots 2
Apple
Whole Fruit (Pear)
1% White Milk
Fat Free Chocolate Milk

23
Cheese Lasagna w/
Tomato Basil Sauce &
Dinner Roll
Chicken Teriyaki w/ Chow
Mein Noodles HS
Baby Carrots
100% Fruit Juice
Whole Fruit
1% White Milk
Fat Free Chocolate Milk

24
Turkey Breast Club
Sandwich w/ Nacho Chips
& Bean Dip
Chicken Chile Verde w/
Pinto Beans, Rice, &
Chips
Beef Nachos w/ Baked
Chips
Jicama w/ Tajin 1/2c
Banana
Whole Fruit 2
1% White Milk
Fat Free Chocolate Milk

25
Baked Ziti w/ Meat Sauce
& Dinner Roll
Chicken Tamale w/
Seasoned Corn
Italian Turkey Submarine
w/ Fruitable Juice
Baby Carrots(105)
Pear(105)
Whole Fruit(105)
1% White Milk(2)
Fat Free Chocolate
Milk(208)

26
DOMINO'S PIZZA
Pepperoni OR Cheese
Romaine Salad w/ Ranch
Orange
1% White Milk
Fat Free White Milk
Fat Free Chocolate Milk

29
Chicken Patty Burger w/
Seasoned Fries
Cheeseburger w/
Seasoned Fries
Turkey & Cheese
Sandwich on French Roll
w/ Side of Fries
Baby Carrots 2
Apple
Whole Fruit (Pear)
1% White Milk
Fat Free Chocolate Milk

30
Chicken Enchiladas w/
Creamy Green Salsa
Cheese Lasagna w/
Tomato Basil Sauce &
Dinner Roll
Baby Carrots
100% Fruit Juice
Whole Fruit
1% White Milk
Fat Free Chocolate Milk

31
Turkey Breast Club
Sandwich w/ Nacho Chips
& Bean Dip
Turkey Chili w/ Tortilla
Chips
Beef Nachos w/ Baked
Chips
Cucumber Slices w/ Tajin
HS
Banana
Whole Fruit 2
1% White Milk
Fat Free Chocolate Milk

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This institution is an equal opportunity provider.

