

LICKING VALLEY HIGH SCHOOL 2018-2019 Menu



MENU #1	MONDAY WG Popcorn Shrimp Potato Munchkins Fresh or Canned Fruit <i>Alternate Hot Lunches</i> • Pizza Burgers • Totally Tacos	TUESDAY Haystacks Cheese/Lettuce Refried Beans Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Warm Pretzel w/Cheese Sauce	WEDNESDAY Breaded Chicken Sandwich (Regular or Spicy) Caesar Salad Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Cheeseburger	THURSDAY Tender Wrap Cheese/Lettuce Fresh Fruit or Applesauce Cup Baked Chips <i>Alternate Hot Lunch</i> • Cheesefilled Breadstick w/Marinara	FRIDAY Bosco Pizzas Celery/Carrots w/Dip Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • None
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LUNCH PRICES

\$2.50/ Reduced \$.40
Adult \$3.00
Extra Milk: \$.50

BREAKFAST:

Free to ALL students
Adult \$1.00
Menu is subject to change!

MENU #2	MONDAY Mini Corn Dog Macaroni and Cheese Green Beans Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Pizza Rounds	TUESDAY Loaded Baked Potato Bar Ham, Taco Meat, Bacon Bits, Cheese, Broccoli Yogurt Apple Turnover Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Pulled Pork Sandwich • Calzone	WEDNESDAY Panther Pizza Caesar Salad Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Ravioli w/Garlic Toast	THURSDAY Chicken Nuggets AuGratin Potatoes Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Quesadilla w/Marinara	FRIDAY Teriyaki Chicken Wraps Lettuce/Cheese Celery Sticks w/Dip Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Oriental Chicken w/Rice
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BREAKFAST MENU

MON	Breakfast Pastry Fruit/Juice Milk
TUES	Breakfast Sandwich Fresh Fruit Milk
WED	Breakfast Pastry Fruit Milk
THURS	Breakfast Sandwich Fresh Fruit Milk
FRI	Assorted Breakfast Entrees Fruit/Juice Milk

MENU #3	MONDAY Grilled Cheeseburger on WG Bun Crinkle Cut French Fries Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Shredded Chicken Sandwich	TUESDAY "Salad Bar" Fresh or Canned Fruit Baked Chips <i>Alternate Hot Lunch</i> • Lasagna Roll w/Garlic Toast	WEDNESDAY Donatos WG Pizza Caesar Salad Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Meatball Sub	THURSDAY Chicken Tenders Broccoli w/Cheese Fresh or Canned Fruit Otis Spunkmeyer Cookie <i>Alternate Hot Lunch</i> • Macaroni & Cheese	FRIDAY Burrito Bar Cilantro Lime Rice Seasoned Beef or Chicken Salsa, Black Beans, Corn Salsa, Fajita Vegetables, Cheese, Lettuce Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Stuffed Crust Pizza
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MENU #4	MONDAY BBQ Rib Patty Sandwich Cole Slaw Onion Rings Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Rotini w/Garlic Toast	TUESDAY Tacos Cheese/Lettuce Cowboy Corn Salad Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Hot & Spicy Chicken Sandwich	WEDNESDAY Specialty Pizza Caesar Salad Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Boneless Wings • Chili w/Garlic Toast	THURSDAY "LV BOWLS" Whipped Potatoes, Popcorn Chicken, Gravy, Corn, Cheese, WG Roll Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • French Bread Pizza	FRIDAY Warm Smoked Turkey Wraps Cheese/Lettuce/ Tomato/Peppers Baked Sun Chips Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Cheesy Bread w/Marinara
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We encourage students to build their trays the healthy way using **1 Great Tray™**. A colorful and healthy school lunch tray features 1/2 fruits and vegetables, lean protein and whole grains with a serving of skim milk.

*Free and reduced applications are available online at www.schoollunchapp.com or you can obtain a paper application from the school secretary or by contacting the Food Service Department at (740) 763-2433. Application results can be obtained online at the School Lunch Status link within 2 or 3 days of submission.

Payments can be made online through EZPay or can be sent to school with your student.

All hot and cold ala carte items are offered with a vegetable or fruit. Students will be able to choose two additional sides or one side and a milk to create a "BUILD-A-LUNCH" option.

WG = Whole Grain

Carrots, Romaine Salad, Chick Peas and Milk/Water offered with every meal

Follow the menu with its calendar day. Each week is represented by a color and represents a 4-week cycle menu.

This Institution is an equal opportunity provider.

AUGUST 2018	SEPTEMBER 2018	OCTOBER 2018	NOVEMBER 2018	DECEMBER 2018	JANUARY 2019	FEBRUARY 2019	MARCH 2019	APRIL 2019	MAY 2019
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