

# Early College High School

9-12

Fall 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Meatball Pizza Sub Tuna Salad Sandwich (WG) Celery Sticks w/ Baby Carrots Mashed Potatoes Steamed Spinach Fresh Orange Fresh Apple Pineapple Tidbits Orange Juice Fruit Juice Apple Juice Skim Milk 1% Milk Chocolate Skim Milk Ranch Dressing Italian Dressing Mustard Mayonnaise Hot Sauce	BBQ Chicken Drumstick Dinner Roll (WG) Cheeseburger Snack (WG) Macaroni & Cheese (WG) Vegetarian Baked Beans Baby Carrots Fruit Cocktail Fresh Orange Fresh Apple Apple Juice Fruit Juice Orange Juice 1% Milk Skim Milk Chocolate Skim Milk Mustard Mayonnaise Ketchup Hot Sauce	Beef Soft Tacos Fish Soft Tacos Southwestern Mixed Vegetable Salad Seasoned Golden Corn Diced Peaches Fresh Apple Fresh Orange Fruit Juice Orange Juice Apple Juice Skim Milk Chocolate Skim Milk 1% Milk Ranch Dressing Italian Dressing Hot Sauce Salsa	Vegetarian Fried Rice (WG) Sweet and Sour Popcorn Chicken w/ Broccoli Chinese Mixed vegetables Seasoned Green Beans Red Peppers Fresh Applesauce Fresh Apple Fresh Orange Dinner Roll (WG) Orange Juice Apple Juice Fruit Juice 1% Milk Skim Milk Chocolate Skim Milk	Roast Turkey Breast Fish Sticks (WG) Seasoned Green Bean Fresh Cucumber Slice Dinner Roll (WG) Fresh Apple Fresh Orange Diced Pears Apple Juice Orange Juice Fruit Juice 1% Milk Skim Milk Chocolate Skim Milk Ranch Dressing Italian Dressing Ketchup Hot Sauce
Pizza Sticks w/ Marinara Sauce (WG) Chicken Salad Sandwich (WG) Seasoned Golden Corn Fresh Cauliflower Spinach Salad Fresh Apple Fresh Orange Fruit Cocktail Orange Juice Fruit Juice Apple Juice Skim Milk 1% Milk Chocolate Skim Milk Ranch Dressing Italian Dressing	Turkey & Cheese Sand (WG) Grilled Cheese Sandwich (WG) Tomato Soup Sweet Potato Fries Fresh Apple Fresh Orange Diced Peaches Orange Juice Fruit Juice Apple Juice 1% Milk Skim Milk Chocolate Skim Milk Mustard Mayonnaise Ketchup	Buffalo Diced Chicken Sandwich (WG) Beef Quesadilla (WG) French Fries Seasoned Green Peas Cucumber & Tomato Salad Fresh Apple Fresh Orange Diced Peaches Pineapple Tidbits Fruit Juice Orange Juice Apple Juice 1% Milk Skim Milk Chocolate Skim Milk Ranch Dressing Italian Dressing Ketchup Hot Sauce	Italian Meat Sauce Spaghetti (WG) Mediterranean Vegetable and Provolone Wrap Steamed Broccoli Cucumber & Tomato Salad Fresh Banana Fresh Orange Diced Peaches Apple Juice Fruit Juice Orange Juice 1% Milk Skim Milk Chocolate Skim Milk Ranch Dressing Italian Dressing Hot Sauce	Pepperoni Pizza (WG) Vegetable Pizza (WG) Cheese Pizza (WG) Mixed Lettuce Salad Vegetarian Baked Beans Fresh Banana Fresh Orange Diced Peaches Apple Juice Fruit Juice Orange Juice 1% Milk Skim Milk Chocolate Skim Milk Ranch Dressing Italian Dressing Ketchup