



South Laurel High School Menus 2018-2019

Served Daily:

- Milk Choices:
- 1% Unflavored Milk
- Fat-free Unflavored Milk
- Fat-free Flavored Milk

Juice Choices:*

- Apple Juice
- Grape Juice
- Orange Juice
- Vegetable Juice

Vegetable/Fruit Choices

- Fresh Veggie Cups & Dip
- Fresh Fruit
- Fruit Cup
- Garden Salad

Breakfast:

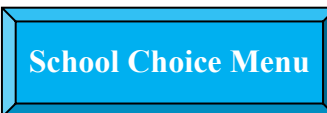
- Cereal & Toast, Pop Tarts,
- Yogurt/Granola Parfait, Mini Donuts

Meal Prices

Lunch \$.40/1.50

Breakfast \$.30/.85

Students must choose 1/2 cup fruit or vegetable daily at breakfast and lunch.



Menu is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Entree Choices	Turkey Bacon Sub Steakburger/Cheese LC Pizza/Big Daddy Pizza	Pulled Pork Sliders Spicy Chicken Sand Pepperoni Bread Turkey/Cheese Wrap	Chicken Chunks Steakburger/Cheese Tony's Indv Pizza Turkey/Cheese Wrap	Pineapple Glazed Ham Chicken Filet Cheezy Bread Turkey/Cheese Wrap	Spaghetti/Meatsauce Calzone Turkey/Cheese Wrap
Veg/Fruit*	Potato Wedges Corn Frozen Fruit Sidekick	Potato Cubes Baked Beans	Steamed Broccoli Crin Cut Potatoes	Mashed Potatoes Marinara Sauce	Green Beans
Grains/Other		Choc Chip Cookie	Rice	Mac & Cheese Biscuit	Breadstick
Lunch Entree Choices	Meatball & Mozz Hoagie Corn Dog LC Pizza/Big Daddy Pizza	Grilled Cheese Spicy Chicken Sand Pepperoni Bread Bologna Sandwich w/Soup*	Chicken Strips Steakburger/Cheese Tony's Indv Pizza Bologna Sandwich	Hot Ham & Cheese Chicken Sandwich Cheezy Bread Bologna Sandwich	Fiesta Taco Salad Quesadilla Bologna Sandwich
Veg/Fruit*	Potato Wedges Green Beans	Potato Cubes	Broccoli & Cheese Mashed Potatoes	Crin Cut Potatoes Baked Beans Marinara Sauce Choc Chip Cookie	Refried Beans Corn Mexican Rice Tostitos Chips
Grains/Other	Ice Cream Cup	Crackers/Bd Doritos*	Biscuit & White Gravy		
Lunch Entree Choices	BBQ Rib Sandwich Steakburger/Cheese LC Pizza/Big Daddy Pizza	Homestyle Meatloaf Spicy Chicken Sand Pepperoni Bread Ham/Cheese Wrap	Asian Chicken Bites* Steakburger/Cheese Tony's Indv Pizza Ham/Cheese Wrap	Bosco Sticks Chicken Sandwich Quesadilla Ham/Cheese Wrap	Hot Dog & Chili Calzone Ham/Cheese Wrap
Veg/Fruit*	Potato Wedges Cole Slaw Frozen Fruit Sidekick	Mashed Potatoes Green Beans	Broccoli & Cheese Whole Potatoes	Crin Cut Potatoes Marinara Sauce	Baked Beans Corn
Grains/Other		Mac & Cheese Biscuit	Teriyaki Rice*	Choc Chip Co	Baked Cheetos
Breakfast	Sausage Biscuit	Donuts & Trix Yogurt	Pancakes & Syrup w/Sausage Links / Pancake on Stick *	Breakfast Pizza	Biscuit Gravy Bacon Hashbrown* Scrambled Eggs

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

ALA CARTE

ELEMENTARY SCHOOLS

4 oz 100 % Juice	.30
8 oz Milk	.30
8 oz Water	.50
16 oz Water	1.00

ALL SCHOOLS

\$.75

Oven Baked Lays Chips
Tostitos Scoops
Cheetos Oven Baked Regular
Cheetos Oven Baked Crunchy
Cheetos Fantastix
Doritos RF Cool Ranch
Doritos RF Nacho Cheese
Gold Fish
Scooby Sticks
Animal Crackers
Funyuns
Pop Tarts (1 pastry)

\$1.00

NutriGrain Bars
Kelloggs Rice Krispie
Betty Crocker Bars

MIDDLE SCHOOLS

4 oz 100 % Juice	.30
8 oz Milk	.30
8 oz Water	.50
16 oz Water	1.00
10 oz Fruit Juice	1.00

HIGH SCHOOLS

4 oz 100 % Juice	.30
8 oz Milk	.30
8 oz Water	.50
16 oz Water	1.00
10 oz Fruit Juice	1.00
16.9 oz Flav Water	1.00
16.9 oz Diet Tea	1.00

SPECIAL MENU DAYS

- September Red, White & Blue Day**
Menu: Red-White & Blue Cake
- October 50's Day**
Menu: Hamburgers or Hot Dogs, Fries, Vegetable Sticks & Dip, Ice Cream
- November 19-20 Managers Choice (includes Thanksgiving Dinner)**
Menu: Turkey & Dressing, Mashed Potatoes & Gravy, Green Beans, **Homemade** Rolls, Dessert of your choice
School choice of extra entree
- December 13-18 Managers Choice (includes Christmas Dinner)**
Menu: Baked Ham, Mashed Potatoes, Green Beans, **Homemade** Rolls, Dessert of your choice
School choice of extra entree
- March Dr. Seuss Birthday**
Breakfast: Green Eggs & Ham
Lunch: Birthday Cake
- May 3 Derby Breakfast**
Menu: Breakfast, Sausage & Bacon, scrambled eggs, gravy & biscuits, fried apples, potato cubes, jelly
- May Teachers Day**
Menu: Make homemade cinnamon rolls and fresh fruit salad for our teachers
- May Luau Day**
Menu: Pork Rib on Bun, potato choice, fresh vegetables, Fresh fruit salad w/pineapple & Kiwi
- May 9 -EOY Managers Choice**
Entrée may change, other menu items will remain the same

NOTES:

Cereal Choice – Cheerios offered daily, WG choices only

MENU ROTATION

RED - Tuesday– add Soup and crackers instead of Doritos
(Oct 16, Dec 4, Jan 8 & 29, Feb 19, Mar 12)

GREEN—Rotate Asian Chicken and Buffalo Chicken Bites (change to chicken & herb rice and no egg roll)

Monday Breakfast rotate between the two choices
Friday Breakfast hash brown can be potato cubes

August 9 will be Yellow Tuesday Menu August 10 Yellow Wednesday Menu

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.