

HERSCHER HIGH SCHOOL



MEAL PRICING:

Lunch Full Price	\$3.25
Reduced Lunch Price	\$.40
Milk Only	\$.50

LUNCH Menu

January-July 2024

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Baked Potato Bar Ham/Broccoli/ Cheese Mandarin Oranges	Chicken Bowl Mashed Potato/ Gravy Corn Mixed Fruit	Beef Taco Lettuce /Cheese Refried Beans Fruit Icee	Bacon Cheeseburger /Bun Sweet Potato Fries Peaches	Spicy Chicken Wrap Broccoli Pears
2	Chicken & Noodles Garlic Bread Broccoli Pears	Orange Chicken Vegetable Fried Rice Carrots Mixed Fruit	Nacho Supreme Meat/Cheese Refried Beans Peaches	French Toast Sticks Sausage Tri-Tator Apple Juice	Lasagna Roll Up Garlic Bread Green Beans Mandarin Oranges
3	Spicy Chicken Wrap Broccoli Fruit Icee	Chicken Legs Mashed Potato/Gravy Pears	Chicken Fajita Pepper/Onion Refried Beans Mandarin Oranges	Pulled Pork/Bun Oven Fries Applesauce	Chicken Club Sandwich Carrots Mixed Fruit
4	Meatball Sub Baked Chips Peas Peaches	Spaghetti Garlic Bread Green Beans Pineapple	Nacho Supreme Meat/Cheese Refried Beans Fruit Icee	Hot Dog/Bun Chips Baked Beans Applesauce	Chicken Strips Mashed Potato/Gravy Pears

OTHER DAILY SELECTIONS:

- ENTREES**
M,W,F
Pizza
Cheeseburger
Tue, Thur
Soup/Salad
Breadstics/
Chicken Patty
Tuesday
BBQ Ribs/Bun
Thursday
Daily
- Tiger Snacks**
Pre-Packaged
Salad
Baked Chips
Cookie
Bosco Sticks
Pretzels/Cheese
Nacho/Cheese
Ice Cream
Pop Tarts
- DRINKS**
20oz Water
Kick Start
Diet Pop

NUTRITION BITES:

- Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations!
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

S	M	T	W	T	F	S
	X	X	X	X	X	6
7	X	9	10	11	12	13
14	X	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	X	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	NL	29		

S	M	T	W	T	F	S
				1	2	
3	X	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	X	X	X	X	X	30
31						

S	M	T	W	T	F	S
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28	29	30				

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S	M	T	W	T	F	S
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S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
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28	29	30	31			

- Week 1 Meal Plan
- Week 2 Meal Plan
- Week 3 Meal Plan
- Week 4 Meal Plan

X Means No School, NL Means No Lunch. To read the menu look at the calendar, find the date, look for the color, then look at the menu & that represents what we are serving. Menu Subject to Change Without Notice

1. 2015-2020 Dietary Guidelines for Americans
2. USDA. MyPlate.gov. <http://www.myplate.gov>.