

High School Dinner Menu: September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Thursday 8/29 (Freshmen first day)</p> <p>Dill Chicken Patty on whole grain Bun Vegetable of the Day: Red Roasted Potato Wedges, Farm Fresh Veggie Sticks Assorted Fruit, Milk</p>	<p>9/3</p> <p>Five Guys Dupe <i>Four Ladies Burger Cheeseburger or Hamburger on whole grain Bun, Lettuce, Tomato, Onion, Secret Sauce, Sweet Potato Fries</i> Assorted Dipping Sauces, Pear, Assorted Fruit, Milk</p>	<p>9/4</p> <p>Five Guys Dupe <i>Four Ladies Burger Cheeseburger or Hamburger on whole grain Bun, Lettuce, Tomato, Onion, Secret Sauce, Sweet Potato Fries</i> Assorted Dipping Sauces, Pear, Assorted Fruit, Milk</p>	<p>9/5</p> <p>Mozzarella Sticks with whole grain Garlic Bread and Marinara Sauce Cup Side Caesar Salad Pear Assorted Fruit Milk</p>	<p>9/6</p> <p>Whole Grain Pizza Kale Caesar Salad with Homemade Croutons, Veggie Cruncher Assorted Fruit Milk</p>
<p>9/9</p> <p>Meatball Sub on whole grain Roll with side Caesar Salad Orange Assorted Fruit Milk</p>	<p>9/10</p> <p>Chinese Takeout Dupe Mandarin Orange Chicken with Vegetable Fried Rice Roasted Broccoli Apple Assorted Fruit Milk</p>	<p>9/11</p> <p>Breakfast for Dinner! whole grain French Toast Sticks, Syrup, Yogurt Cup Cinnamon Roasted Carrot Fries, Applesauce Assorted Fruit, Milk</p>	<p>9/12</p> <p>Cheese Quesadilla on whole wheat Tortilla Garden Salad Assorted Fruit Milk</p>	<p>9/13</p> <p>Chicken Caesar Salad with whole grain Dinner Roll, Cheese Stick Orange Assorted Fruit, Milk</p>
<p>9/16</p> <p>Chicken Tenders with whole grain Dinner Roll & Assorted Dipping Sauces Roasted Broccoli Apple Assorted Fruit, Milk</p>	<p>9/17</p> <p>Panera Dupe Grilled Cheese on whole wheat Bread Creamy Homemade Tomato Soup Pear Assorted Fruit Milk</p>	<p>9/18</p> <p>Lets Press It! Turkey and Cheese Melt on whole wheat Bread Sweet Potato Fries Strawberries Assorted Fruit Milk</p>	<p>9/19</p> <p>Chick Fil A Dupe Dill Chicken Patty or Buffalo Chicken Patty on whole grain Bun Sweet Potato Waffle Fries, Assorted Dipping Sauces, Pear, Assorted Fruit, Milk</p>	<p>9/20</p> <p>Beef Nachos with whole grain Tortilla Chips, Shredded Lettuce, Salsa Assorted Fruit Milk</p>
<p>9/23</p> <p>Chicken Caesar Wrap on whole grain Tortilla Cheese Stick Cucumber Wheels Orange Assorted Fruit, Milk</p>	<p>9/24</p> <p>Loaded Mac & Cheese whole grain Mac & Cheese <i>Toppings: Green Onion, Diced Chicken, Diced Tomato with Veggie Sticks</i> Orange Assorted Fruit, Milk</p>	<p>9/25</p> <p>Chipotle Dupe Burrito Bowl! Chicken Fajita Meat with Rice & Black Beans Sautéed Peppers & Onions, Shredded Lettuce, Salsa, Pico de Gallo, Assorted Fruit, Milk</p>	<p>9/26</p> <p>Turkey or Beef Hot Dog on whole grain Bun Homemade Coleslaw Red Bliss Roasted Potato Wedges Orange Assorted Fruit Milk</p>	<p>9/27</p> <p>Mozzarella Sticks with whole grain Garlic Bread and Marinara Sauce Cup Roasted Broccoli Pear Assorted Fruit Milk</p>
<p>9/30</p> <p>Buffalo Chicken Tenders with Ranch Dipping Sauce, whole grain Dinner Roll Celery Sticks & Cucumber Wheels Assorted Fruit Milk</p>	<p style="text-align: center;">Welcome Back to School!</p> <p>Do you have a family recipe you think your classmates will love? Submit a family recipe of cultural significance to recipes@salemk12.org for a chance to hold a taste test in your school!</p>			



Stay for Dinner!

Dinner is FREE for all Salem High School students and is served everyday! Stay after school and spend some extra time with your friends. Also fuel up before your after school activities!

Dinner is served at:
Time:
3:05 PM - 4:35 PM
Location:
SHS first floor Cafeteria


