

Name: _____

Class: _____

HEALTHY CHOICE MENU HIGH SCHOOL 2016/2017: ALL MEALS INCLUDE MILK!

Monday	Tuesday	Wednesday	Thursday	Friday
<input type="checkbox"/> <u>HEALTHY CHOICE:</u> Meatballs, mashed potatoes and green beans	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> ☉ Whole wheat spaghetti, (lean meat or tomato sauce) w/ garlic roll	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> Baked chicken breast, seasoned potato wedges with California style vegetables	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> Chicken potato bowl. Mashed potatoes with sweet corn niblets.	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> ☉ Soft beef taco and Mexican rice
<input type="checkbox"/> <u>HEALTHY CHOICE:</u> Breaded chicken filets, roasted potatoes and mixed veggies	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> Bacon cheese burger, with choice of oven-baked fries or a side .	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> ☉ Chicken Alfredo with Caesar salad	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> ☉ Homemade meatloaf, mashed potatoes with mixed veggies	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> ☉ Macaroni and cheese with Caesar or Greek Salad
<input type="checkbox"/> <u>HEALTHY CHOICE:</u> ☉ Whole wheat spaghetti (lean meat or tomato sauce) with fresh garlic roll	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> Sweet & sour meatballs with veggie brown rice and stir-fried veggies	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> Chicken and red pepper Penne w/ Asiago cream sauce	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> Loaded potato bowl (Ground beef, peas, gravy)	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> ☉ Soft chicken with choice of Greek salad or Mexican Fried Rice
<input type="checkbox"/> <u>HEALTHY CHOICE:</u> ☉ Zesty Italian or veggie lasagna with Caesar salad	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> Breaded chicken tenders, with seasoned roasted potatoes and mixed veggies	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> ☉ Sloppy Joes with Greek Salad	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> ☉ Chicken Parmesan Pasta w/ tomato sauce and Greek salad	<input type="checkbox"/> <u>HEALTHY CHOICE:</u> ☉ Roasted Chicken, mashed potato, veggies, milk
Every Monday <u>Homemade Soup:</u> Chicken veggie noodle	Every Tuesday <u>Homemade Soup:</u> Alphabet Soup NEW!	Every Wednesday <u>Homemade Soup:</u> Corn Chowder	Every Thursday <u>Homemade Soup:</u> Chicken Rice	Every Friday <u>Homemade Soup:</u> Tomato Basil NEW!