



March 2024						
Su	M	T	W	Th	F	S
	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 2024						
Su	M	T	W	Th	F	S
31	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 2024						
Su	M	T	W	Th	F	S
			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

High School Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chicken Drumstick OR Turkey Gravy Garlic Knot Mashed Potatoes & Gravy Baby Carrots Diced Peaches	Crispito OR Italian Chicken Sandwich Fiesta Beans Pepper Strips Sliced Apples	Original OR Spicy Chicken Patty WG Bun Crinkle Fries Grape Tomatoes Strawberry Pomegranate Slushie	Italian Bake Pasta OR Scrambled Eggs WG Cinnamon Roll Baja Veggies Romaine Salad w/ Ranch Chilled Pears	Eagle Bread OR Managers Choice Corn Mixed Fresh Veggies Banana
Week 2	Calzone OR Chicken and Biscuit Steamed Broccoli Wango Mango Applesauce	Hot Ham and Cheese OR Totchos Dinner Roll Fresh Broccoli and Cauliflower Fruit Cocktail	BBQ Rib Sandwich OR Breaded Turkey Dill on WG Bun Ranchero Beans Cucumber Slices Cinnamon Apples	Bosco Sticks OR Chicken Alfredo Garlic Toast Green Beans Romaine Salad W/ Italian Mandarin Oranges	Pizza Crunchers OR Managers Choice Steamed Carrots Mixed Fresh Veggies Blueberries and Strawberries
Week 3	Mozzarella Sticks OR Popcorn Chicken Corn Celery Sticks and Carrots Sliced Peaches	Walking Taco OR Chicken Quesadilla Refried Beans Lettuce and Tomato Raisels	Cheeseburger OR Beef and Bean Burrito Ranch Potato Wedges Carrots Diced Peaches	Chris P Chicken Sandwich OR Mac and Cheese Steamed Peas Romaine Salad w/ Ranch Orange Slices	Stuffed Crust Pizza OR Managers Choice Potato Smiles Mixed Fresh Veggies Pineapple

Alternate Entrées : Pre-packaged reimbursable variety of salads, wraps, sandwiches, PBJ Combo/ String cheese, and bento boxes are offered daily.


Choice of low-fat white, non-fat white, non-fat chocolate milk and water offered daily.
Whole fresh fruit offered daily in addition to the menued fruit. All whole grain products.


Questions or Concerns?


Contact Amanda at durflingeramanda@saydel.net

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The 5 Components of a School Lunch



meat/meat
alternate


grain


milk

Offer Vs. Serve
Choose **1/2 cup fruit**,
or **1/2 cup vegetable**,
or 1/2 cup **combination**,
and **at least 2 other**
components. Choose all 5 for the best nutrition!


fruit


vegetable

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17	18	19	20	21	22	23	14	15	16	17	18	19	20	12	13	14	15	16	17	18
24	25	26	27	28	29	30	21	22	23	24	25	26	27	19	20	21	22	23	24	25
							28	29	30											

Sydel High School Alternative Lunch

Week 1	Week 2	Week 3
Rockin Chicken Caesar Salad	Chef Salad	Chicken Bacon Ranch Salad
Bento Box: Hard Boiled Egg, Cheese Cubes and WG Crackers	Pizza Munchable	Italian Combo Sub
PB&J with String Cheese and WG Goldfish Crackers	PB&J with String Cheese and WG Goldfish Crackers	PB&J with String Cheese and WG Goldfish Crackers

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