



FALL

OCT/NOV/DEC
2016

Mentor High School *MENU IS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>MEATLESS MONDAY'S</u> GARLIC PIZZA Choice of Sides: Romaine Salad, Glazed Carrots, Celery Sticks, Assorted Fruit Cups Variety of Milk</p>	<p><u>TACO TUESDAY'S</u> QUESADILLA Choice of Sides: Shredded Lettuce, Refried Beans, Garden Salsa, Golden Corn, Fresh and Assorted Fruit Cups Choice of Milk</p>	<p><u>WACKY WEDNESDAY'S</u> CHICKEN FINGERS WITH SOFT PRETZEL Choice of Sides: Romaine Salad, Steamed Broccoli, Crispy Potatoes, Fresh and Assorted Fruit Cups Choice of Milk</p>	<p><u>BOWL IT YOUR WAY THURSDAY</u> PASTA BOWL WITH YOUR CHOICE OF MEAT AND SAUCE Choice of Sides: Romaine Salad, Golden Corn, Crunchy Carrots Sticks, Assorted Fresh and Mixed Fruit Cups Choice of Milk</p>	<p><u>ALL AMERICAN FRIDAY'S</u> GRILLED CHEESE AND TOMATO SOUP Select Your Sides: Romaine Salad, Potato Salad, Baked Beans, Celery/Carrot Sticks, Fruit Cups Choice of Milk</p>
<p><u>MEATLESS MONDAY'S</u> MACARONI AND CHEESE Choice of Sides: Romaine Salad, Glazed Carrots, Celery Sticks, Assorted Fruit Cups Variety of Milk</p>	<p><u>TACO TUESDAY'S</u> SUPER NACHO'S WITH BAKED TORTILLA CHIPS Choice of Sides: Shredded Lettuce, Refried Beans, Garden Salsa, Golden Corn, Fresh and Assorted Fruit Cups Choice of Milk</p>	<p><u>WACKY WEDNESDAY'S</u> MINI CORN DOGS Choice of Sides: Crispy Potatoes, Seasoned Green Beans, Assorted Fruit Cups Choice of Milk</p>	<p><u>BOWL IT YOUR WAY THURSDAY</u> POPCORN CHICKEN BOWL W/ MASHED POTATOES & ROLL Choice of Sides: Romaine Salad, Golden Corn, Crunchy Carrots Sticks, Assorted Fresh and Mixed Fruit Cups Choice of Milk</p>	<p><u>ALL AMERICAN FRIDAY'S</u> BUILD YOUR OWN BURGER BAR WITH CHOICE OF YOUR FAVORITE TOPPINGS Select Your Sides: Romaine Salad, Potato Salad, Baked Beans, Celery/Carrot Sticks, Fruit Cups Choice of Milk</p>
<p><u>MEATLESS MONDAY'S</u> MOZZARELLA BREADSTICK WITH MARINARA SAUCE Choice of Sides: Romaine Salad, Glazed Carrots, Celery Sticks, Assorted Fruit Cups Variety of Milk</p>	<p><u>TACO TUESDAY'S</u> QUESADILLA Choice of Sides: Shredded Lettuce, Refried Beans, Garden Salsa, Golden Corn, Fresh and Assorted Fruit Cups Choice of Milk</p>	<p><u>WACKY WEDNESDAY'S</u> CHICKEN FINGERS WITH SOFT PRETZEL Choice of Sides: Romaine Salad, Steamed Broccoli, Crispy Potatoes, Fresh and Assorted Fruit Cups Choice of Milk</p>	<p><u>BOWL IT YOUR WAY THURSDAY</u> CREATE YOUR OWN RICE BOWL WITH CHOICE OF MEAT AND TOPPINGS Choice of Sides: Romaine Salad, Garden Peas Fresh and Assorted Fruit Cups Choice of Milk</p>	<p><u>ALL AMERICAN FRIDAY'S</u> GRILLED CHEESE AND TOMATO SOUP Select Your Sides: Romaine Salad, Potato Salad, Baked Beans, Celery/Carrot Sticks, Fruit Cups Choice of Milk</p>
<p><u>MEATLESS MONDAY'S</u> GARLIC PIZZA Choice of Sides: Romaine Salad, Glazed Carrots, Celery Sticks, Assorted Fruit Cups Variety of Milk</p>	<p><u>TACO TUESDAY'S</u> SUPER NACHO'S WITH BAKED TORTILLA CHIPS Choice of Sides: Shredded Lettuce, Refried Beans, Garden Salsa, Golden Corn, Fresh and Assorted Fruit Cups Choice of Milk</p>	<p><u>WACKY WEDNESDAY'S</u> MINI CORN DOGS Choice of Sides: Crispy Potatoes, Seasoned Green Beans, Assorted Fruit Cups Choice of Milk</p>	<p><u>BOWL IT YOUR WAY THURSDAY</u> POPCORN CHICKEN BOWL W/ MASHED POTATOES & ROLL Choice of Sides: Romaine Salad, Golden Corn, Crunchy Carrots Sticks, Assorted Fresh and Mixed Fruit Cups Choice of Milk</p>	<p><u>ALL AMERICAN FRIDAY'S</u> BUILD YOUR OWN BURGER BAR WITH CHOICE OF YOUR FAVORITE TOPPINGS Select Your Sides: Romaine Salad, Potato Salad, Baked Beans, Celery/Carrot Sticks, Fruit Cups Choice of Milk</p>
<p><u>MEATLESS MONDAY'S</u> MACARONI AND CHEESE Choice of Sides: Romaine Salad, Glazed Carrots, Celery Sticks, Assorted Fruit Cups Variety of Milk</p>	<p><u>TACO TUESDAY'S</u> QUESADILLA Choice of Sides: Shredded Lettuce, Refried Beans, Garden Salsa, Golden Corn, Fresh and Assorted Fruit Cups Choice of Milk</p>	<p><u>WACKY WEDNESDAY'S</u> CHICKEN FINGERS WITH SOFT PRETZEL Choice of Sides: Romaine Salad, Steamed Broccoli, Crispy Potatoes, Fresh and Assorted Fruit Cups Choice of Milk</p>	<p><u>BOWL IT YOUR WAY THURSDAY</u> PASTA BOWL WITH YOUR CHOICE OF MEAT AND SAUCE Choice of Sides: Romaine Salad, Golden Corn, Crunchy Carrots Sticks, Assorted Fresh and Mixed Fruit Cups Choice of Milk</p>	<p>THE LAST DAY OF THE MONTH WILL ALWAYS BE COOK'S CHOICE</p>

Welcome to the new look of seasonal menus

In addition each day to the entrée listed there is also offered daily the following:

- Chicken Patty Sandwich
- Cheeseburgers
- Various Wrap Sandwiches
- Peanut butter & Jelly Sandwich
- Complete Plate Salads with Assorted toppings

Included with any entrée is the vegetables and fruits of the day along with a choice of milk.

Students must select at least ½ cup of fruit or vegetable as 1 of the 5 components and at minimum 3 components to receive meal pricing.

LUNCH WITH MILK \$3.10
MILK ONLY .50