

HERSCHER HIGH SCHOOL



MEAL PRICING:

Lunch Full Price	\$2.95
Reduced Lunch Price	\$.40
Milk Only	\$.50

LUNCH Menu

January-July 2023

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Spaghetti Garlic Bread Green Beans Pineapple	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 Alfredo 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 Peaches
3	Spicy Chicken Wrap Broccoli Fruit Icee	Chicken Legs Mashed Potato/Gravy Pears	Chicken Fajita Pepper/Onion Refried Beans Mandarin Oranges	Hot Dog/Bun Chips Green Beans Applesauce	Chicken Club Sandwich Carrots Mixed Fruit
4	Meatball Sub Baked Chips Green Beans Peaches	Baked Potato Bar Ham/Broccoli/ Cheese Mandarin Oranges	Nacho Supreme Meat/Cheese Refried Beans Fruit Icee	Pulled Pork/Bun Oven Fries Mixed Fruit	Chicken Strips Mashed Potato/Gravy Applesauce

OTHER DAILY SELECTIONS:

ENTREES

M,W,F
Pizza
Cheeseburger
Tue,Thur
Chicken Patty
BBQ Rib
Daily
Pre-Packaged
Salad

Tiger Snacks

Baked Chips
Cookie
Bosco Sticks
Pretzels/Cheese
Nacho/Cheese
Ice Cream
Pop Tarts

DRINKS

20oz Water
Kick Start
Gatorade
Diet Pop

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

S	M	T	W	T	F	S
1	X	X	4	5	6	7
8	9	10	11	12	13	14
15	X	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
5	6	7	NL	9	10	11
12	13	14	15	16	17	18
19	X	21	22	23	24	25
26	27	28				

S	M	T	W	T	F	S
				1	2	3
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	X	X	X	X	X	25
26	27	28	29	30	31	

S	M	T	W	T	F	S
						1
2	3	4	5	6	X	8
9	X	11	12	13	X	15
1	17	18	19	20	21	22
23	24	25	26	27	28	29

S	M	T	W	T	F	S
	1	2	NL	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	31			

S	M	T	W	T	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	

S	M	T	W	T	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	26	27	28	29

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

1.2015-2020 Dietary Guidelines for Americans
2.USDA. MyPlate.gov. <http://www.myplate.gov>.