

HERSCHER HIGH SCHOOL



MEAL PRICING:

| | |
|---------------------|--------|
| Lunch Full Price | \$3.25 |
| Reduced Lunch Price | \$.40 |
| Milk Only | \$.50 |

LUNCH Menu

August-December 2023

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

OTHER DAILY SELECTIONS:

ENTREES

M,W,F
Pizza
Cheeseburger
Tue,Thur
Chicken Patty
BBQ Rib
Daily

Tiger Snacks
Pre-Packaged
Salad

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

DRINKS

20oz Water
Kick Start
Diet Pop

NUTRITION BITES:

- Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations!
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

| August 2023 | | | | | | |
|-------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | X | X | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

| September 2023 | | | | | | |
|----------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | | | 1 | 2 |
| 3 | X | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | NL | 28 | 29 | 30 |

| October 2023 | | | | | | |
|--------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| 1 | 2 | 3 | 4 | X | X | 7 |
| 8 | X | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | NL | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| November 2023 | | | | | | |
|---------------|----|----|----|----|----|----|
| 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 | X | X | X | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

| December 2023 | | | | | | |
|---------------|----|----|----|----|----|----|
| 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 | X | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |



Week 1 Meal Plan



Week 2 Meal Plan



Week 3 Meal Plan



Week 4 Meal Plan

X Means No School, NL Means No Lunch
color, then look at the menu & that represents what we are serving.
Menu Subject to Change Without Notice

First Day of Lunch will be August 16th. To read the menu look at the calendar, find the date, look for the

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