



## August & September 2020

HIGH SCHOOL 9-12

Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 26</b>				
<b>August 27</b>				
<b>August 28</b>				
<b>Reminder: Due by Sept. 13!!</b> <b>You must complete a NEW Free or Reduced Price Meal application every year.</b> <b>The Free &amp; Reduced Application is on-line in Skyward.</b>		Grilled Chicken Caesar Shaker Salad  Taco Salad Roasted Ranch Chick Peas Applesauce Cup  Choice of Chocolate or White Milk	Ham & String Cheese Roll up Pretzel Taco Salad Corn Salad Strawberry Cup  Choice of Chocolate or White Milk	Buffalo Chicken Flatbread  Taco Salad Celery Sticks Mandarin Oranges  Choice of Chocolate or White Milk
<b>31-Aug</b>	<b>1-Sep</b>	<b>2-Sep</b>	<b>3-Sep</b>	<b>4-Sep</b>
Cheese Pizza Wrap	Asian Chicken Salad w/ Romaine	Roast Turkey BLT on Wheat Bread	Buddha Bowls with Roasted Chickpeas, Shredded Carrots, Greens and Asian Sauce	Chicken Burrito
Tortellini Salad w/ Roasted Vegetables, Mozzarella & Turkey Ham	Tortellini Salad w/ Roasted Vegetables, Mozzarella & Turkey Ham	Tortellini Salad w/ Roasted Vegetables, Mozzarella & Turkey Ham	Tortellini Salad w/ Roasted Vegetables, Mozzarella & Turkey Ham	Tortellini Salad w/ Roasted Vegetables, Mozzarella & Turkey Ham
Baby Carrots Apple Slices Choice of Chocolate or White Milk	Broccoli Florets Pineapple Tidbits Ham	Corn Salad Sliced Peaches Choice of Chocolate or White Milk	Cucumber Sticks w/ Dip Berry Mix Choice of Chocolate or White Milk	Black Bean Salsa Mandarin Oranges Choice of Chocolate or White Milk
<b>7-Sep</b>	<b>8-Sep</b>	<b>9-Sep</b>	<b>10-Sep</b>	<b>11-Sep</b>
Pasta Salad with Green Peas & Parmesan	Greek Hummus Platter w/ Pita Quarters	Thai Style Noodle Salad with Chicken	BBQ Chicken Shaker Salad	Turkey, Mozzarella, Tomato & Pesto on Croissant
Thai Style Noodle Salad with Chicken Baby Carrots w/ Dip Applesauce Cup Choice of Chocolate or White Milk	Thai Style Noodle Salad with Chicken Broccoli Florets Strawberry Cup Choice of Chocolate or White Milk	Corn Salad Berry Mix Choice of Chocolate or White Milk	Thai Style Noodle Salad with Chicken Spiced Chick Peas Pineapple Tidbits Choice of Chocolate or White Milk	Thai Style Noodle Salad with Chicken Green Pepper Strips Cantaloupe Chunks Choice of Chocolate or White Milk
<b>14-Sep</b>	<b>15-Sep</b>	<b>16-Sep</b>	<b>17-Sep</b>	<b>18-Sep</b>
Chipotle Style Burrito Bowls	Quinoa Salad w/ Baby Spinach	Ham & Cheese Sandwich w/ Chips	Pepperoni Pizza Wrap	Tex Mex Bento Box
Ham & Cheese Sandwich w/ Chips Baby Carrots Diced Pears Choice of Chocolate or White Milk	Ham & Cheese Sandwich w/ Chips Honey Cinnamon Roasted Chickpeas Strawberry Cup Choice of Chocolate or White Milk	Cucumber Slices Apple Juice Choice of Chocolate or White Milk	Ham & Cheese Sandwich w/ Chips Broccoli Florets Raisins Choice of Chocolate or White Milk	Ham & Cheese Sandwich w/ Chips Corn Salad Sliced Peaches Choice of Chocolate or White Milk
<b>21-Sep</b>	<b>22-Sep</b>	<b>23-Sep</b>	<b>24-Sep</b>	<b>25-Sep</b>
Breaded Chicken & Cheese Wrap w/ Lay's Chips	Italian Hoagie on Savory Roll	Grilled Chicken Caesar Shaker Salad	Ham & String Cheese Roll up Pretzel Taco Salad Corn Salad Strawberry Cup Choice of Chocolate or White Milk	Buffalo Chicken Flatbread Taco Salad Celery Sticks Mandarin Oranges Choice of Chocolate or White Milk
Taco Salad Broccoli Florets w/ Dip Fruit Juice Choice of Chocolate or White Milk	Taco Salad Baby Carrots w/ Dip Apple Slices Choice of Chocolate or White Milk	Taco Salad Roasted Ranch Chick Peas Applesauce Cup Choice of Chocolate or White Milk		
<b>28-Sep</b>	<b>29-Sep</b>	<b>30-Sep</b>	<b>The Food Service Staff continues to work in safe and sanitary conditions to prepare and provide meals to our students. Every day we follow FDA Food Safety standards of frequent and thorough hand washing, wearing gloves and hairnets and not reporting to work if sick. If you have any questions about our meal service during this time please contact: Sarah Ginn at 610.670.0180 x 1147 I will return you call as quickly as possible.</b>	
Cheese Pizza Wrap	Asian Chicken Salad w/ Romaine	Roast Turkey BLT on Wheat Bread		
Tortellini Salad w/ Roasted Vegetables, Mozzarella & Turkey Ham Baby Carrots Apple Slices Choice of Chocolate or White Milk	Tortellini Salad w/ Roasted Vegetables, Mozzarella & Turkey Ham Broccoli Florets Pineapple Tidbits Ham	Tortellini Salad w/ Roasted Vegetables, Mozzarella & Turkey Ham Corn Salad Sliced Peaches Choice of Chocolate or White Milk		
<b>We are an equal opportunity provider and employer. Menu subject to change without notice!</b>				