



**PANTANO HIGH SCHOOL  
LUNCH – DECEMBER 2017**



**MONDAY**

Students **MUST** select 3 out of the 5 meal components.

One of the 3 components selected **MUST** be a fruit Or vegetable.

\*\* \$3.50 Student meal  
\$4.00 Adult meal

**TUESDAY**

Cold Sandwiches

**Monday – Crispy Chicken Wrap**  
**Tuesday – Turkey & Cheese Sub**  
**Wednesday – Buffalo Chicken Wrap**  
**Thursday – Italian Sub**  
**Friday – Club Wrap**

**WEDNESDAY**

All grains offered are Whole Grain Rich. Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.

**Our menu is Trans Fat Free!**

**THURSDAY**

**School lunch provides 1/3 of the average daily calorie needs for kids by age.**

**FRIDAY**

1  
Chicken Fried Steak w/Dinner Roll  
OR  
Sausage Pizza  
OR  
Chef Salad w/Dinner Roll

Corn  
Fruit Juice  
1% and Fat Free Milk

4  
**National Cookie Day**  
Roasted Turkey Breast w/ Dinner Roll\*\*  
OR  
Cheeseburger  
OR  
Chef Salad w/ Dinner Roll  
Whipped Potatoes/Gravy  
Fruit  
1% and Fat Free Milk

5  
Spaghetti w/Meatballs  
OR  
Chicken Nachos  
OR  
Buffalo Chicken Salad w/ Dinner Roll  
Cauliflower  
Fruit  
1% and Fat Free Milk

6  
Chicken Alfredo Pasta w/Dinner Roll  
OR  
Spicy Chicken Patty  
OR  
Chicken Caesar salad w/ Dinner Roll  
Mexican Beans  
Fruit  
1% and Fat Free Milk

7  
Oven Roasted Chicken & Waffles  
OR  
Bean & Cheese Burrito  
OR  
Crispy Chicken Salad w/ Dinner Roll  
Carrot Coins  
Fruit Juice  
1% and Fat Free Milk

8  
Cheese Pizza  
OR  
Cheeseburger  
OR  
Chicken Caesar Salad W/Dinner Roll  
Broccoli  
Fruit  
1% and Fat Free Milk

11  
Hot Philly Chicken Cheese Sub  
OR  
Beefy Nachos  
OR  
Buffalo Chicken Salad w/ Dinner Roll  
Green Beans  
Fruit  
1% and Fat Free Milk

12  
Chicken Fried Steak w/ Dinner Roll  
OR  
Sausage Pizza  
OR  
Crispy Chicken Salad w/ Dinner Roll  
Whipped Potatoes/Gravy  
Fruit Juice  
1% and Fat Free Milk

13  
Cheese Enchilada  
OR  
Spicy Chicken Patty  
OR  
Chef salad w/ Dinner Roll  
Refried Beans  
Fruit  
1% and Fat Free Milk

14  
Pepperoni Pizza  
OR  
Cheeseburger  
OR  
Chicken /Caesar salad w/Dinner Roll  
Carrot Coins  
Fruit  
1% and Fat Free Milk

15  
Chicken Broccoli Stir Fry w / Brown Rice\*\*  
OR  
Shr. BBQ Pork Sandwich  
OR  
BLT Salad w/ Dinner Roll  
Broccoli  
Fruit Juice  
1% and Fat Free Milk

18  
Italian Lasagna w/ Garlic Bread\*\*  
OR  
Spicy Chicken Patty  
OR  
Chef Salad w/ Dinner Roll  
Carrot Coins  
Fruit  
1% and Fat Free Milk

19  
Rotini w/Meat Sauce  
OR  
Cheeseburger  
OR  
Buffalo Chicken Salad w/ Dinner Roll  
Broccoli  
Fruit  
1% and Fat Free Milk

20  
Pepperoni Stromboli  
OR  
Chicken Patty Sandwich Or  
Chicken Caesar Salad w/Dinner Roll  
Black Beans  
Fruit  
1% and Fat Free Milk

21  
Oven Roasted Chicken & Waffles  
OR  
Beefy Nachos  
OR  
Crispy Chicken Salad w/ Dinner Roll  
Green Beans  
Fruit Juice  
1% and Fat Free Milk

22  
**Early Release Day  
No lunch Service**

**School closed  
Winter Break  
December 25 - 29**



Nutritional information is available at the food service office.  
Menus subject to change without notice.

**“This institution is an equal opportunity provider.”**