

# September 2017

Lunch Prices Elementary (Full price): \$2.05 Middle (Full price): \$2.30 High (Full price): \$2.30 Reduced Lunch Price : \$0.40

## West Boca Raton High Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
				<ul style="list-style-type: none"> <li>• Chicken General TSO (11g) with Rice &amp; Veggies (49g)</li> <li>• Spicy Chicken Sandwich (37g)</li> <li>• Chicken Tenders (28g)</li> <li>• Chicken Caesar Salad (9g) with Savory Wheat Crackers (30g)</li> <li>• Turkey &amp; Cheese Sub Combo (42g)</li> <li>• Chocolate Chip Muffin Platter (63g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Fresh From the Farm</li> <li>• Fresh Carrot &amp; Bean Medley (19g)</li> <li>• Fresh Cut Pineapple (11g)</li> </ul>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
No School - Labor Day	<ul style="list-style-type: none"> <li>• Meatball Sub (33g)</li> <li>• Mozzarella Cheese Sticks Breaded Sec. (37g) with Marinara Dipping Cup (7g)</li> <li>• Chicken Patty Sandwich (36g)</li> <li>• Buffalo Chicken Tenders (30g)</li> <li>• Chicken Tenders Salad (18g) with Savory Wheat Crackers (30g)</li> <li>• Italian Sub Combo (44g)</li> <li>• Banana Muffin Platter (62g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Broccoli (6g)</li> </ul>	<ul style="list-style-type: none"> <li>• Caribbean Chicken (6g) with Black Beans &amp; Rice (53g) and Dinner Roll (29g)</li> <li>• Fiesta Pizza (39g)</li> <li>• Spicy Chicken Sandwich (37g)</li> <li>• Chicken Tenders (28g)</li> <li>• Specialty Chef Salad (5g) with Savory Wheat Crackers (30g)</li> <li>• Ham &amp; Cheese Sub Combo (45g)</li> <li>• Banana Muffin Platter (62g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Caribbean Blend (8g)</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Parmesan Sub (44g)</li> <li>• Taco Salad (25g)</li> <li>• Chicken Patty Sandwich (36g)</li> <li>• Buffalo Chicken Tenders (30g)</li> <li>• Mandarin Chicken Salad (174g) with Savory Wheat Crackers (30g)</li> <li>• Italian Sub Combo (44g)</li> <li>• Banana Muffin Platter (62g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Sliced Sweet Plantains (55g)</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Teriyaki (8g) with Rice &amp; Veggies (49g)</li> <li>• Mini Twin Cheeseburgers (36g)</li> <li>• Spicy Chicken Sandwich (37g)</li> <li>• Chicken Tenders (28g)</li> <li>• Popcorn Chicken Salad (16g) with Savory Wheat Crackers (30g)</li> <li>• Turkey &amp; Cheese Sub Combo (42g)</li> <li>• Banana Muffin Platter (62g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Fresh From the Farm</li> <li>• Corn on the Cob (9g)</li> <li>• Fresh Cut Cantaloupe (7g)</li> </ul>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>American Hero Day</b> <ul style="list-style-type: none"> <li>• Meat Trio Wedge Pizza (29g)</li> <li>• All American Burger (33g)</li> <li>• Spicy Chicken Sandwich (37g)</li> <li>• Chicken Tenders (28g)</li> <li>• Buffalo Chicken Salad (19g) with Savory Wheat Crackers (30g)</li> <li>• Turkey &amp; Cheese Sub Combo (42g)</li> <li>• Chocolate Chip Muffin Platter (63g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Spicy Sweet Potato Sticks (29g)</li> </ul>	<ul style="list-style-type: none"> <li>• Penne Pasta w/Meat Sauce (51g) and Garlic Breadstick (15g)</li> <li>• Mini Twin Cheeseburgers (36g)</li> <li>• Chicken Patty Sandwich (36g)</li> <li>• Buffalo Chicken Tenders (30g)</li> <li>• Asian Chicken Salad (48g) with Savory Wheat Crackers (30g)</li> <li>• Italian Sub Combo (44g)</li> <li>• Chocolate Chip Muffin Platter (63g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Sweet Peas (13g)</li> </ul>	<ul style="list-style-type: none"> <li>• Homestyle Chicken (16g) with Hushpuppies (44g)</li> <li>• Fiesta Pizza (39g)</li> <li>• Spicy Chicken Sandwich (37g)</li> <li>• Chicken Tenders (28g)</li> <li>• Chicken Caesar Salad (9g) with Savory Wheat Crackers (30g)</li> <li>• Ham &amp; Cheese Sub Combo (45g)</li> <li>• Chocolate Chip Muffin Platter (63g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Baked Beans (30g)</li> </ul>	<ul style="list-style-type: none"> <li>• Philly Cheesesteak Sandwich (33g)</li> <li>• Taquitos (46g) with Salsa (5g)</li> <li>• Chicken Patty Sandwich (36g)</li> <li>• Buffalo Chicken Tenders (30g)</li> <li>• Spicy Chicken Salad (18g) with Savory Wheat Crackers (30g)</li> <li>• Italian Sub Combo (44g)</li> <li>• Chocolate Chip Muffin Platter (63g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Broccoli (6g)</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Teriyaki (8g) with Rice &amp; Veggies (49g)</li> <li>• Jamaican Beef Turnover (53g)</li> <li>• Spicy Chicken Sandwich (37g)</li> <li>• Chicken Tenders (28g)</li> <li>• Popcorn Chicken Salad (16g) with Savory Wheat Crackers (30g)</li> <li>• Turkey &amp; Cheese Sub Combo (42g)</li> <li>• Chocolate Chip Muffin Platter (63g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Fresh From the Farm</li> <li>• Asian Green Beans &amp; Peppers (14g)</li> <li>• Fresh Honeydew Melon (7g)</li> </ul>

18	19	20	21	22
<ul style="list-style-type: none"> <li>• Cheese Stuffed Wedge Pizza (31g)</li> <li>• Pepperoni Stuffed Wedge Pizza (31g)</li> <li>• Hamburger (24g)</li> <li>• Cheeseburger (25g)</li> <li>• Spicy Chicken Sandwich (37g)</li> <li>• Chicken Tenders (28g)</li> <li>• Turkey BLT Salad (3g) with Savory Wheat Crackers (30g)</li> <li>• Turkey &amp; Cheese Sub Combo (42g)</li> <li>• Blueberry Muffin Platter (60g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Seasoned Potato Sticks (25g)</li> </ul>	<ul style="list-style-type: none"> <li>• Stuffed Shells (34g) with Garlic Breadstick (15g)</li> <li>• Jamaican Beef Turnover (53g)</li> <li>• Chicken Patty Sandwich (36g)</li> <li>• Buffalo Chicken Tenders (30g)</li> <li>• Chicken Tenders Salad (18g) with Savory Wheat Crackers (30g)</li> <li>• Italian Sub Combo (44g)</li> <li>• Blueberry Muffin Platter (60g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Broccoli (6g)</li> </ul>	<ul style="list-style-type: none"> <li>• Arroz Con Pollo (34g)</li> <li>• Pepperoni Stromboli (29g) with Marinara Dipping Cup (7g)</li> <li>• Spicy Chicken Sandwich (37g)</li> <li>• Chicken Tenders (28g)</li> <li>• Buffalo Chicken Salad (19g) with Savory Wheat Crackers (30g)</li> <li>• Ham &amp; Cheese Sub Combo (45g)</li> <li>• Blueberry Muffin Platter (60g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Seasoned Black Beans (29g)</li> </ul>	<p>No School - Fall Holiday</p>	<ul style="list-style-type: none"> <li>• Meat Trio Wedge Pizza (29g)</li> <li>• Mini Twin Cheeseburgers (36g)</li> <li>• Spicy Chicken Sandwich (37g)</li> <li>• Chicken Tenders (28g)</li> <li>• Asian Chicken Salad (48g) with Savory Wheat Crackers (30g)</li> <li>• Turkey &amp; Cheese Sub Combo (42g)</li> <li>• Blueberry Muffin Platter (60g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li><b>Fresh From the Farm</b></li> <li>• Corn on the Cob (9g)</li> <li>• Fresh Cut Watermelon (7g)</li> </ul>
25	26	27	28	29
<ul style="list-style-type: none"> <li>• Superme Pizza Wedge (30g)</li> <li>• Jamaican Beef Turnover (53g)</li> <li>• Spicy Chicken Sandwich (37g)</li> <li>• Chicken Tenders (28g)</li> <li>• Spicy Chicken Salad (18g) with Savory Wheat Crackers (30g)</li> <li>• Turkey &amp; Cheese Sub Combo (42g)</li> <li>• Chocolate Chip Muffin Platter (63g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Spinach with Cheese (8g)</li> </ul>	<ul style="list-style-type: none"> <li>• Italian Chicken Penne (49g) with Garlic Breadstick (15g)</li> <li>• Fiesta Pizza (39g)</li> <li>• Chicken Patty Sandwich (36g)</li> <li>• Buffalo Chicken Tenders (30g)</li> <li>• Chicken Tenders Salad (18g) with Savory Wheat Crackers (30g)</li> <li>• Italian Sub Combo (44g)</li> <li>• Chocolate Chip Muffin Platter (63g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• California Blend (7g)</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Chicken (5g) with Mini Corn Loaf (36g)</li> <li>• Mini Twin Cheeseburgers (36g)</li> <li>• Spicy Chicken Sandwich (37g)</li> <li>• Chicken Tenders (28g)</li> <li>• Southwest Chicken Salad (27g) with Savory Wheat Crackers (30g)</li> <li>• Ham &amp; Cheese Sub Combo (45g)</li> <li>• Chocolate Chip Muffin Platter (63g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Baked Beans (30g)</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Nachos w/Tortilla Chips (43g)</li> <li>• Vegetarian Black Bean Pizza (36g)</li> <li>• Chicken Patty Sandwich (36g)</li> <li>• Buffalo Chicken Tenders (30g)</li> <li>• Popcorn Chicken Salad (16g) with Savory Wheat Crackers (30g)</li> <li>• Italian Sub Combo (44g)</li> <li>• Chocolate Chip Muffin Platter (63g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li>• Fiesta Corn (17g)</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken General TSO (11g) with Rice &amp; Veggies (49g)</li> <li>• Pepperoni Stromboli (29g) with Marinara Dipping Cup (7g)</li> <li>• Spicy Chicken Sandwich (37g)</li> <li>• Chicken Tenders (28g)</li> <li>• Chicken Caesar Salad (9g) with Savory Wheat Crackers (30g)</li> <li>• Turkey &amp; Cheese Sub Combo (42g)</li> <li>• Chocolate Chip Muffin Platter (63g)</li> <li>• PB&amp;J Grape Sandwich (64g)</li> <li><b>Fresh From the Farm</b></li> <li>• Fresh Carrot &amp; Bean Medley (19g)</li> <li>• Fresh Cut Pineapple (11g)</li> </ul>

**Lunch Items Served Daily:** Fat Free Chocolate Milk (22g) , Fat Free Milk Unflavored (12g) , 1% Milk Unflavored (12g) , Fruits & Vegetables, Romaine Salad Cup (1g) , Fresh Baby Carrots (5g) , Assorted Fresh Fruit (15g) , Assorted Fruit Cups (19g) , Assorted Apple & Pear Sauces (15g) , Assorted Canned Fruit (18g) , 100% Fruit Juice (6 oz) (21g) , Condiments, Assorted Salad Dressings (entree salads) (6g) , Ketchup (2g) , Mustard , Mayonnaise (1g) , BBQ Dipping Sauce (13g) , Assorted Dipping Sauce (9g) , Ranch Dipping Sauce (2g)

More Details: <http://palmbeachschools.nutrislice.com/menu/west-boca-raton-high/lunch/>

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Menu is subject to change

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