

"The Bear Cave" Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
September 2017				1 Tangerine Chicken BBQ Nachos Italian Supreme Panini Pepperoni Pizza Fluffy Brown Rice Glazed Carrots Black Beans Farm Fresh Side Salad w/Dressing Fruit Bowl
4 NO SCHOOL	5 Texas BBQ on a Bun Popcorn Chicken Pepperoni Pizza Ham & Cheese Panini Sweet Potato Fries Brown Sugar Baked Beans Farm Fresh Side Salad w/Dressing Cucumber Slices w/Dip Bread Stick Applesauce Chilled Fruit Juice	6 Sriracha Chicken Sandwich Cheeseburger Meatloaf Bread Stick Pepperoni Pizza County Fair Corn Dog Mashed Potatoes Broccoli with Cheese Farm Fresh Side Salad w/Dressing Baby Carrots & Tomato Cup Banana Raisins	7 Hot Dog with Chili Popcorn Chicken Pepperoni Pizza Mandarin Orange Chicken Salad Pinto Beans Oven Fries Coleslaw Farm Fresh Side Salad w/Dressing Bread Stick Peach Slices Chilled Fruit Juice	8 Fish Filet Hoagie Hushpuppies Chicken Salad Flatbread Nachos w/Chili & Cheese Pepperoni Pizza Whole Kernel Corn Oven Fries Farm Fresh Side Salad w/Dressing Fresh Veggie Cup w/Dip Fruit Bowl
11 Chicken Alfredo Bread Stick Super Submarine Sandwich Pepperoni Pizza Steak Sandwich Oven Fries Glazed Carrots Sautéed Squash and Onions Farm Fresh Side Salad w/Dressing Sliced Pears Mandarin Orange Slices	12 Super Cheeseburger Popcorn Chicken Turkey Ciabatta Sandwich Pepperoni Pizza Strawberry Mango Chicken Salad Pinto Beans Oven Fries Coleslaw Bread Stick Applesauce Delight Chilled Fruit Juice	13 Italian Baked Spaghetti Fish Basket w/ Hushpuppies & Fries Pepperoni Pizza Fajita Chicken Wrap Broccoli Slaw Seasoned Green Beans Oven Fries Farm Fresh Side Salad w/Dressing Bread Stick Banana Raisins	14 Hamburger Steak w/Gravy Popcorn Chicken Mozzarella Bread Sticks Pepperoni Pizza Grilled Chicken Caesar Salad Fried Cabbage Sweet Potato Fries Farm Fresh Side Salad w/Dressing Cucumber Slices w/Dip Buttermilk Biscuit Peach Slices Chilled Fruit Juice	15 Tangerine Chicken BBQ Nachos Italian Supreme Panini Pepperoni Pizza Fluffy Brown Rice Black Beans Fresh Veggie Cup w/Dip Farm Fresh Side Salad w/Dressing Fruit Bowl

Offered Daily.....
A variety of entrees, fruits and vegetables are offered daily, with the goal of tempting the tastes of all of our students! Students *must* select 3 items, one of which is 1/2 cup fruit or vegetable.

Smart Snacks compliant snacks items are available for purchase on a daily basis. Students must have money on their account or with them to purchase. Now serving Ice Cream!

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<p>18 Potato Bowl with Ham and Cheese Pepperoni Pizza Steak Sandwich Tangerine Chicken Buttermilk Biscuit Deli Roasted Potatoes Farm Fresh Side Salad w/Dressing Whole Kernel Corn Sliced Pears Mandarin Orange Slices</p>	<p>19 Texas BBQ on a Bun Popcorn Chicken Pepperoni Pizza Ham & Cheese Panini Oven Fries Brown Sugar Baked Beans Farm Fresh Side Salad w/Dressing Cucumber Slices w/Dip Bread Stick Applesauce Chilled Fruit Juice</p>	<p>20 Sriracha Chicken Sandwich Oven Fries Cheeseburger Meatloaf Bread Stick Pepperoni Pizza County Fair Corn Dog Mashed Potatoes Broccoli with Cheese Farm Fresh Side Salad w/Dressing Baby Carrots & Tomato Cup Banana Raisins</p>	<p>21 Hot Dog with Chili Popcorn Chicken Ham & Cheese Wrap Pepperoni Pizza Mandarin Orange Chicken Salad Pinto Beans Oven Fries Coleslaw Farm Fresh Side Salad w/Dressing Bread Stick Peach Slices Chilled Fruit Juice</p>	<p>22 Fish Filet Hoagie Hushpuppies Chicken Salad Flatbread Nachos w/Chili & Cheese Pepperoni Pizza Whole Kernel Corn Oven Fries Farm Fresh Side Salad w/Dressing Fresh Veggie Cup w/Dip Fruit Bowl</p>
<p>25 Chicken Alfredo Bread Stick Super Submarine Sandwich Pepperoni Pizza Steak Sandwich Oven Fries Glazed Carrots Sautéed Squash and Onions Farm Fresh Side Salad w/Dressing Sliced Pears Mandarin Orange Slices</p>	<p>26 Super Cheeseburger Popcorn Chicken Turkey Ciabatta Sandwich Pepperoni Pizza Strawberry Mango Chicken Salad Pinto Beans Oven Fries Coleslaw Bread Stick Applesauce Delight Chilled Fruit Juice</p>	<p>27 Italian Baked Spaghetti Fish Basket w/ Hushpuppies & Fries Pepperoni Pizza Fajita Chicken Wrap Broccoli Slaw Seasoned Green Beans Oven Fries Farm Fresh Side Salad w/Dressing Bread Stick Banana Raisins</p>	<p>28 Hamburger Steak w/Gravy Popcorn Chicken Mozzarella Bread Sticks Pepperoni Pizza Grilled Chicken Caesar Salad Fried Cabbage Sweet Potato Fries Farm Fresh Side Salad w/Dressing Cucumber Slices w/Dip Buttermilk Biscuit Peach Slices Chilled Fruit Juice</p>	<p>29 Tangerine Chicken BBQ Nachos Italian Supreme Panini Pepperoni Pizza Fluffy Brown Rice Black Beans Fresh Veggie Cup w/Dip Farm Fresh Side Salad w/Dressing Fruit Bowl</p>

Meal Prices:

Breakfast

K-12 \$1.00

Lunch

K-5th \$2.00

6th - 12th \$2.20

Two Milk Varieties Offered at all Meals.

Menus subject to change based on food availability.

This institution is an equal opportunity provider.