***Hale High School***

*News*

*Served Daily*

PB&J/WG Bread & String Cheese

Cold Meat on WG Bun

Condiment

Fresh Fruit

Fresh Vegetable

Mixed Green Salad

Chicken Patty Sandwich

Every Monday and Friday

1% WHITE OR FAT FREE CHOCOLATE MILK

All Menu items are

(WG) Whole Grains

LOOK FOR THE MENU ON THE WEB:

HALESCHOOLS.NET

CLICK ON FOODSERVICE/MENU

WEEKLY

REIMBURSEMENT REQUIREMENT FOR

9-12 GRADES

Calories 750-850

Meats/Meat Alternates 10-12

Grains 10-12 serving

½ cup of Fruit or Vegetable daily

“USDA is an equal opportunity provider and employer

**No School**

**TACO Meat**

**Tortilla Shell**

**Corn/Ref. Beans**

**Shredded Cheese**

**Apple**

**Chicken Hoagie on Bun**

**Cheesy Hash browns**

**3 Bean Salad**

**100% Juice**

**Spaghetti**

**WG Bread stick**

**Broccoli Salad**

**Chilled Pineapple**

**Calzone**

**Sweet Potato Fries**

**Sorbets**

**Chalupas W Chips**

**Salsa**

**Black Bean Salad**

**Fresh Spinach**

**Applesauce**

**Chicken and Waffles**

**Peas**

**Pasta Salad**

**Banana**

**Sub Sandwich Bar**

**Fresh Carrots**

**100% Juice**

**CALZONE**

**Green Beans**

**Broccoli Salad**

**Pineapple**

**Philly Cheese Steak**

**Sandwich Chips**

**Toss Salad W/ Spinach**

**Pears**

**NACHO CHEESE**

**Tortilla Chips**

**Refried Bean**

**Celery & carrot sticks Salsa**

**Peaches**

**Meatloaf**

**Cheese burger**

**Dinner Roll**

**Cheesy Hash browns**

**Mixed Fruit**

**Grilled Chicken**

**WG Bun**

**Corn**

**Banana**

**Stromboli**

**Sweet Potato Fries**

**Apple**

**BBQ Pork**

**WG Bun**

**Toss Salad W Fresh Spinach**

**Peaches**

**Pretzels and Cheese**

**Refried Beans Salsa**

**Carrot and Celery Sticks**

**100% Juice**

**Popcorn Chicken Bowl**

**WG Dinner Roll**

**Mashed Potatoes**

**Sliced Cucumber**

**Chilled Pineapple**

**Teriyaki Chicken Stir Fry W Dinner Roll WG Rice**

**Stir Fry Veggies**

 ***Orange***

**Homemade Pizza**

**Green Beans**

 **Grapes**

**Hot Dog**

**WG Bun**

**Chips**

**Meatless Chili**

**Spinach**

**Pears**

**Hamburger**

**WG Bun**

**Sliced Cheese**

**Fries**

**Peaches**

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