

2017-2018 Old Fort High School Menu

Whole Grain Quesadilla w/ salsa Salad Mixed Fruit Whole Grain Cookie **	Pancakes w/syrup Hash Brown Sausage Patty Orange Juice **	Cheeseburger w/bacon on whole Grain Bun Baked Fries Peaches **	Taco with Refried beans Cheese ,Lettuce Salsa Strawberries **	Whole Grain Soft Cheese filled Pretzels or Bosco sticks w/ marinara sauce Green Beans Applesauce **
Beef BBQ Rib or Chicken patty on a whole grain Bun Baked Beans Peaches **	TRY IT Tuesday **	Pizza Broccoli pears **	Popcorn Chicken Bowl Dinner Roll Applesauce **	Pasta with Meat Sauce or Chicken w/Alfredo Sauce Green beans Bread stick Applesauce **
Calzone or Pizza Crunchers California blend Applesauce **	Turkey Gravy Mashed Potatoes Dinner Roll Strawberries **	Mini-Corn Dogs Green Beans Pineapple WG cookie **	Walking Taco Refried Beans Mixed Fruit **	Chicken Nuggets Broccoli w/ cheese Apple sauce Dinner roll **
Cheeseburger or Tex mix burger on a Whole Grain Bun Baked Fries Tropical Fruit **	Popcorn Chicken Bowl Dinner Roll Applesauce **	Meat and Cheese Nachos or Hot dog with Nachos Black Beans Pears **	Chicken Wrap Peaches Broccoli **	Bosco Sticks Marinara Sauce Green Beans Mixed Fruit **
Chicken Patty on Whole Grain Bun Corn Pears **	Mini-Corn Dogs Baked Beans Strawberries Whole grain cookie **	Beef Burrito or Calzone Normandy Blend Peaches **	Turkey Gravy Mashed Potatoes Dinner Roll Pineapple **	Chicken Nuggets Broccoli w/ cheese Applesauce Dinner Roll **

Breakfast Served Daily
 *Sausage Biscuit w/ cheese
 *Breakfast Pizza
 *Mini Pancakes
 *Breakfast Bar
 All served with Fruit, OJ & Milk
 (*will be rotated daily)

2017-2018 Meal Prices
 Lunch \$ 2.60
 Reduced Lunch \$0.40
 Breakfast \$1.50
 Reduced Breakfast \$0.30
 Milk \$0.55

2nd Option Menu Items
 Pizza, Bosco Sticks, or Sandwich rotated daily.
 Salads available upon request.

Additional Information
 please contact:
 Elaine Magers
 419-992-4291 x118

August 2017

M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

September 2017

M	T	W	Th	F
				1
	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

October 2017

M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	28
30	31			

November 2017

M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

December 2017

M	T	W	Th	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

January 2018

M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

February 2018

M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28		

March 2018

M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

April 2018

M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

Applications for free and reduced price meals are available in the school office or the cafeteria. These may be filled out anytime during the school year.

Menus are planned according to Food and Nutrition Guidelines set forth by the USDA. Menus are subject to change due to product availability, new product offerings, or weather related issues. Any necessary changes will be on the morning announcements.

There is NO charging.

Thanksgiving Dinner will be served on Thursday, November 16, 2017.

Healthy A'la Carte options that meet the Alliance for a Healthier Generation are available.

****Veggie Boat and Milk offered with meals**

The last week of school will be the cook's choice.

May 2018

M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	26
29	30	31		