

Deer Park High School

September 16-20

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

SIDES

A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Cereal, Fruit, Bagel & Cream Cheese and Milk offered daily

BREAKFAST

| | |
|------------------|-------------------------------|
| MONDAY | Waffles |
| TUESDAY | Ham Muffin Breakfast Sandwich |
| WEDNESDAY | Biscuits & Gravy |
| THURSDAY | Breakfast Pizza |
| FRIDAY | Pancake |

DAILY SPECIALS

FAVORITES

| | |
|------------------|----------------------|
| MONDAY | Sloppy Joe |
| TUESDAY | Chicken Alfredo |
| WEDNESDAY | Italian Meatball Sub |
| THURSDAY | Soft Taco |
| FRIDAY | Chicken Nuggets |

PIZZA

EVERYDAY CHOICES

Pepperoni Pizza
Cheese Pizza

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|------------------|---------------------------|
| MONDAY | BBQ Chicken Pizza |
| TUESDAY | Hawaiian Pizza |
| WEDNESDAY | Chicken Bacon Ranch Pizza |
| THURSDAY | Vegetable Pizza |
| FRIDAY | Supreme Pizza |

GRILL

EVERYDAY CHOICES

Cheeseburger
Chicken Patty Sandwich

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|------------------|---------------------|
| MONDAY | BBQ Riblet Sandwich |
| TUESDAY | Fishwich |
| WEDNESDAY | Fiesta Lime Chicken |
| THURSDAY | Atomic Burger |
| FRIDAY | Western Burger |

V Vegetarian
SP Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

CROSSROADS
CAFE
by sodexo*

EVERYDAY CHOICES

Chef Salad

Chicken Caesar Salad

- MONDAY Cobb SaladHam Sub
- TUESDAY Cobb Salad
- WEDNESDAY Cobb Salad
- THURSDAY Cobb Salad
- FRIDAY Cobb Salad



EVERYDAY CHOICES

Egg Salad Sandwich

Veggie Sub

- MONDAY Ham Sub
- TUESDAY Turkey Sub
- WEDNESDAY Ham Sub
- THURSDAY Turkey Sub
- FRIDAY Ham Sub

DID YOU KNOW THAT THE SUN HELPS YOUR BODY MAKE VITAMIN D?



Vitamin D helps keep your bones and teeth strong and healthy! With the days getting shorter, it's important to eat foods rich in Vitamin D like milk, orange juice with added vitamin D, low-fat yogurt and cheese and cereals with added Vitamin D Breakfast is free to all students!! Adult \$2.10 Lunch: Full pay: \$2.55 Reduced .40 Adult \$3.45

