## **Deer Park High School**

# September 16-20

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



### 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



MONDAY Waffles

TUESDAY Ham Muffin Breakfast Sandwich

WEDNESDAY Biscuits & Gravy

THURSDAY Breakfast Pizza

FRIDAY Pancake

**DAILY SPECIALS** 



MONDAY Sloppy Joe

TUESDAY Chicken Alfredo

WEDNESDAY Italian Meatball Sub

THURSDAY Soft Taco

FRIDAY Chicken Nuggets

PIZZA

#### **EVERYDAY CHOICES**

Pepperoni Pizza

Cheese Pizza

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

MONDAY BBQ Riblet Sandwich

TUESDAY Fishwich

WEDNESDAY Fiesta Lime Chicken

THURSDAY Atomic Burger

FRIDAY Western Burger

VegetarianSmart 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.



#### **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

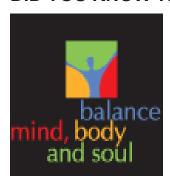
TUESDAY Turkey Sub

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

