

November 2016

Prairie Heights High School Breakfast

Breakfast price \$1.55 daily Extra Milk: \$0.50

BREAKFAST PRICE \$1.55 LUNCH \$2.45

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Dutch Waffle (43g)
- Fruit Juice (16g)
- Applesauce (25g)

2

- Sausage Biscuit (25g)
- Fruit Juice (16g)
- Peaches (14g)

3

- Breakfast Cinnamon Round (43g)
- Fruit Smoothie
- Pineapple and Bananas (26g)

4

- Breakfast Pizza (26g)
- Dried Fruit (25g)
- Fruit Juice (16g)

7

- Sausage, Egg and Cheese Fundle (19g)
- Raisins (31g)
- Fruit Juice (16g)

8

- Dutch Waffle (43g)
- Fruit Juice (16g)
- Applesauce (25g)

9

- Sausage Biscuit (25g)
- Fruit Juice (16g)
- Peaches (14g)

10

- Breakfast Cinnamon Round (43g)
- Fruit Smoothie
- Pineapple and Bananas (26g)

11

- Breakfast Pizza (26g)
- Dried Fruit (25g)
- Fruit Juice (16g)

14

- Sausage, Egg and Cheese Fundle (19g)
- Raisins (31g)
- Fruit Juice (16g)

15

- Dutch Waffle (43g)
- Fruit Juice (16g)
- Applesauce (25g)

16

- Sausage Biscuit (25g)
- Fruit Juice (16g)
- Peaches (14g)

17

- Breakfast Cinnamon Round (43g)
- Fruit Smoothie
- Pineapple and Bananas (26g)

18

- Breakfast Pizza (26g)
- Dried Fruit (25g)
- Fruit Juice (16g)

21

- Sausage, Egg and Cheese Fundle (19g)
- Raisins (31g)
- Fruit Juice (16g)

22

- Dutch Waffle (43g)
- Fruit Juice (16g)
- Applesauce (25g)

23

No School

24

No School

25

No School

28

- Sausage, Egg and Cheese Fundle (19g)
- Raisins (31g)
- Fruit Juice (16g)

29

- Dutch Waffle (43g)
- Fruit Juice (16g)
- Applesauce (25g)

30

- Sausage Biscuit (25g)
- Fruit Juice (16g)
- Peaches (14g)

Milk is included with all meals If you pack or need an extra milk ala carte price is .50

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE!

More Details: <http://ph.nutrislice.com/menu/prairie-heights-high-school/breakfast/>

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November 2016

Prairie Heights High School Lunch

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****1**

- Fish Nuggets (21g)
- Tator Tots (20g)
- Cole Slaw (29g)
- 1/2 Bread & Butter (17g)
- Rosy Applesauce (7g)
- Fruit Juice (16g)
- White 1% Lowfat Milk (13g)
- Chocolate Milk (20g)

2

- Hamburger on Bun (23g)
- Refried Beans (20g)
- Nachos (19g)
- Cucumber Slices (1g)
- Fresh Orange Slices (11g)
- Fruit Juice (16g)
- Chocolate Milk (20g)
- White 1% Lowfat Milk (13g)

3

- Toasted Cheese Sandwich (27g)
- Chicken Noodle Soup (9g)
- Cracker (7g)
- Golden Corn (16g)
- Fresh Apple Slices (8g)
- Fruit Juice (16g)
- Chocolate Milk (20g)
- White 1% Lowfat Milk (13g)

4

- Chicken Nuggets (20g)
- Carrots, Baby (8g)
- Caesar Salad 1.5 cup (13g)
- 1 oz Breadstick (14g)
- Mandarin Oranges (23g)
- Chocolate Milk (20g)
- White 1% Lowfat Milk (13g)

7

- Taco w/Cheese/Lettuce and Tomato (24g)
- Broccoli (5g)
- Black Bean & Corn Salsa (9g)
- Nachos (19g)
- Peaches (14g)
- Fruit Juice (16g)

8

- Charbroiled Beef Patty on Bun (31g)
- French Fries (18g)
- Carrots, Baby (8g)
- Pineapple Tidbits (18g)
- Fruit Juice (16g)

9

- Chicken Fajita w/6 in Tortilla (21g)
- Onions and Green Peppers (1g)
- Cole Slaw (29g)
- Strawberries and Bananas (15g)
- Fruit Juice (16g)
- Cookie (16g)

10

- Spaghetti (30g)
- N.Y Mini Garlic Toast (12g)
- Golden Corn (16g)
- Caesar Salad (9g)
- Pears (14g)
- Fruit Juice (16g)

11

- Sloppy Joe on a Bun (35g)
- Cucumber Slices (1g)
- Green Beans (4g)
- Spiced Apples (16g)
- Fruit Juice (16g)

14

- Chicken Fajita w/6 in Tortilla (21g)
- Onions and Green Peppers (1g)
- Cole Slaw (29g)
- Lemon-Roasted Carrots
- Pears (14g)
- Fruit Juice (16g)
- Cookie (16g)

15

- Cheesy Macaroni (31g)
- Whole Wheat Roll (18g)
- Tossed Salad (1g)
- Green Beans (4g)
- Mixed Fruit (17g)
- Fruit Juice (16g)

16

- Sausage Patties (2) (2g)
- Apple Cinnamon French Toast (45g)
- Broccoli Parm (5g)
- Carrots, Baby (8g)
- Pineapple Tidbits (18g)
- Fruit Juice (16g)

17

- Homemade Pizza (27g)
- Garden Salad (3g)
- Golden Corn (16g)
- Spiced Apples (16g)
- Fruit Juice (16g)

18

- Chicken Tenders (15g)
- Marinara (5g)
- Seasoned Brown Rice (24g)
- Barbeque Beans (34g)
- Celery and Cucumbers (1g)
- Banana (27g)
- Fruit Juice (16g)

21

- BBQ Rib on Bun (41g)
- Broccoli Parm (5g)
- Lemon-Roasted Carrots
- Peach, Cups (19g)
- Fruit Juice (16g)
- Skim white milk (12g)
- Chocolate Milk (20g)
- White 1% Lowfat Milk (13g)

22

- Fish Nuggets (21g)
- Tator Tots (20g)
- Cole Slaw (29g)
- 1/2 Bread & Butter (17g)
- Rosy Applesauce (7g)
- Fruit Juice (16g)
- White 1% Lowfat Milk (13g)
- Chocolate Milk (20g)

23

No School

24

No School

25

No School

28

- Mini Corn Dogs (33g)
- Golden Corn (16g)
- Harvest Fries (16g)
- Peaches (14g)
- Fruit Juice (16g)

29

- White Chicken Chili (25g)
- Toasted Cheese Sandwich (27g)
- Green Beans (4g)
- Cole Slaw (29g)
- Strawberries, Diced Cup (22g)
- Fruit Juice (16g)

30

- Taco w/Cheese/Lettuce and Tomato (24g)
- Whole Wheat Roll (18g)
- Refried Beans (20g)
- Carrots, Baby (8g)
- Fresh Apple Slices (8g)
- Fruit Juice (16g)

Milk is included with all meals If you pack or need an extra milk ala carte price is .50

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More Detail <http://ph.nutri.com/menu/prairie-height-high-school/lunch/>

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November 2016

Prairie Heights High School Salad Bar

BREAKFAST PRICE \$1.55 LUNCH \$2.45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<ul style="list-style-type: none"> Lasagna (24g) N.Y. Mini Garlic Toast (12g) Onions and Green Peppers (1g) Celery Sticks (1g) Carrots, Baby (8g) Marinated Black Bean Salad (246g) Romaine Lettuce (1g) Zucchini Cucumber Slices Fruit Juice (16g) 	<ul style="list-style-type: none"> Tony's Stuffed Cheese Breadsticks (30g) Tossed Salad (1g) Marinara (5g) Carrots, Baby (8g) Onions and Green Peppers (1g) Fruit Juice (16g) FRUIT 	<ul style="list-style-type: none"> Super Nacho (42g) Tossed Salad w/Romaine (1g) Peas (11g) Cucumber Slices (1g) Onions and Green Peppers (1g) Fruit Juice (16g) Fruit Juice (16g) 	<ul style="list-style-type: none"> Hamburger on Bun (23g) Tossed Salad w/Romaine (1g) Zucchini Celery Sticks (1g) Peas (11g) Cucumber Slices (1g) Onions and Green Peppers (1g) Fruit Juice (16g) FRUIT
7	8	9	10	11
<ul style="list-style-type: none"> Chicken Patty on a Bun (30g) Tossed Salad w/Romaine (1g) Zucchini Onions and Green Peppers (1g) Carrots, Baby (8g) Celery Sticks (1g) Marinated Black Bean Salad (246g) FRUIT Fruit Juice (16g) 	<ul style="list-style-type: none"> Cheese Quesadilla (32g) Onions and Green Peppers (1g) Celery Sticks (1g) Carrots, Baby (8g) Cucumber Slices (1g) Zucchini Tossed Salad w/Romaine (1g) Marinated Black Bean Salad (246g) FRUIT Fruit Juice (16g) 	<ul style="list-style-type: none"> Calzone (35g) Garden Salad (3g) Cherry tomatoes Onions and Green Peppers (1g) Carrots, Baby (8g) Fruit Juice (16g) FRUIT 	<ul style="list-style-type: none"> Buffalo Chicken Wrap Tossed Salad w/Romaine (1g) Peas (11g) Carrots, Baby (8g) Green Peppers (1g) FRUIT Fruit Juice (16g) 	<ul style="list-style-type: none"> Hamburger on Bun (23g) Tossed Salad (1g) Zucchini Celery and Cucumbers (1g) Onions and Green Peppers (1g) Peas (11g) Fruit Juice (16g) FRUIT
14	15	16	17	18
<ul style="list-style-type: none"> Chicken Patty on a Bun (30g) Garden Salad (3g) Zucchini Onions and Green Peppers (1g) Celery Sticks (1g) Marinated Black Bean Salad (246g) Carrots, Baby (8g) FRUIT Fruit Juice (16g) 	<ul style="list-style-type: none"> Chicken Fajita w/6 in Tortilla (21g) N.Y. Mini Garlic Toast (12g) Onions and Green Peppers (1g) Celery Sticks (1g) Carrots, Baby (8g) Marinated Black Bean Salad (246g) Romaine Lettuce (1g) Zucchini Cucumber Slices FRUIT Fruit Juice (16g) 	<ul style="list-style-type: none"> Tony's Stuffed Cheese Breadsticks (30g) Tossed Salad (1g) Marinara (5g) Carrots, Baby (8g) Onions and Green Peppers (1g) FRUIT Fruit Juice (16g) 	<ul style="list-style-type: none"> Buffalo Chicken Wrap Tossed Salad w/Romaine (1g) Peas (11g) Cucumber Slices (1g) Onions and Green Peppers (1g) FRUIT Fruit Juice (16g) 	<ul style="list-style-type: none"> Hamburger on Bun (23g) Tossed Salad w/Romaine (1g) Zucchini Celery Sticks (1g) Peas (11g) Cucumber Slices (1g) Onions and Green Peppers (1g) FRUIT Fruit Juice (16g)
21	22	23	24	25
<ul style="list-style-type: none"> Chicken Patty on a Bun (30g) Tossed Salad w/Romaine (1g) Zucchini Onions and Green Peppers (1g) Carrots, Baby (8g) Celery Sticks (1g) Marinated Black Bean Salad (246g) FRUIT Fruit Juice (16g) 	<ul style="list-style-type: none"> Cheese Quesadilla (32g) Onions and Green Peppers (1g) Celery Sticks (1g) Carrots, Baby (8g) Cucumber Slices (1g) Zucchini Tossed Salad w/Romaine (1g) Marinated Black Bean Salad (246g) FRUIT Fruit Juice (16g) 	No School	No School	No School
28	29	30		
<ul style="list-style-type: none"> Spicy Chicken Patty on Bun Garden Salad (3g) Zucchini Onions and Green Peppers (1g) Celery Sticks (1g) Marinated Black Bean Salad (246g) Carrots, Baby (8g) Fruit Juice (16g) FRUIT 	<ul style="list-style-type: none"> Lasagna (24g) N.Y. Mini Garlic Toast (12g) Onions and Green Peppers (1g) Celery Sticks (1g) Carrots, Baby (8g) Marinated Black Bean Salad (246g) Romaine Lettuce (1g) Zucchini Cucumber Slices Fruit Juice (16g) 	<ul style="list-style-type: none"> Tony's Stuffed Cheese Breadsticks (30g) Tossed Salad (1g) Marinara (5g) Carrots, Baby (8g) Onions and Green Peppers (1g) Fruit Juice (16g) FRUIT 		