



UNITED TOWNSHIP HIGH SCHOOL BREAKFAST

**September
2017**

Milk choice includes: Choice of non-fat (flavored or unflavored) or 1% milk (unflavored)

Alternate Items Available Daily: Hot/Cold Cereal, Yogurt, Bagel, Breakfast Sandwich, Fruit Choice or Fruit Juice Choice.

**Menu subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fresh Baked Cinnamon Roll Fresh Orange
4 LABOR DAY NO SCHOOL	5 Scrambled Eggs Toast Orange Juice Pears	6 Waffle/Syrup Sausage link Apricots Pineapple	7 Breakfast Burritos Fruit Cocktail Pears	8 Glazed Donut Mandarin Oranges Applesauce
11 Breakfast Pizza Peaches Orange Juice	12 Ham and Cheese Quiche Toast Pears Mandarin Oranges	13 Scrambled Eggs Assorted Muffin Fresh Orange	14 French Toast /Syrup Sausage Pattie Fresh Banana	15 Egg Sausage Cheese Biscuit Pear Peaches
18 Scramble Eggs English Muffin Fresh Grapes Fresh Strawberries	19 Cheese Omelet Toast Fresh Banana	20 Pancakes Sausage links Applesauce Apricot	21 Vegetable Quiche Assorted Muffin Assorted Juices Peaches	22 Fresh Baked Cinnamon Roll Fresh Fruit
25 French Toast/ Syrup Sausage Link Fresh Orange	26 Egg Sausage Cheese Croissant Applesauce Peaches	27 Assorted Pop Tarts Pears Orange Juice	28 Biscuit & Gravy Fresh Banana	29 Scramble Eggs Toast Mandarin Orange Pears



UNITED TOWNSHIP HIGH SCHOOL LUNCH

**September
2017**

**Daily Lunch Choices: A variety of premade Salad, Hoagie Lunch, Soft Pretzel Lunch
Lunch Specials:
*MENU SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thurs	Friday
				<u>1</u> NO LUNCH
4 LABOR DAY NO SCHOOL	<u>5</u> Lasagna Whole Grain Garlic Bread Hot Turkey & Swiss On a Whole grain Croissant Baby Whole Carrot/Dip Green Bean Fresh Oranges	<u>6</u> Spaghetti Meat balls With Whole Grain Noodle and Garlic Bread Chicken Strips With Whole Gain Dinner Roll Peas Mixed Green Salad Fresh Apple	<u>7</u> Salisbury Steak Whole Grain Dinner Roll Chicken Alfredo With Whole Grain Garlic Bread Baby Whole Carrot/ Dip Mashed Potato and Gravy Corn Fresh Banana	<u>8</u> Cheeseburger on Whole Grain Bun Spicy Chicken Sandwich on a Whole Grain Bun Oven Baked French Fries Carrots Mandarin Oranges Peaches
<u>11</u> Cheesy Ravioli With Garlic Bread Pork Tenderloin on a Whole Grain Bun Green Beans Oven Baked Sweet Potato Fries Applesauce Pears	<u>12</u> Chicken Parmesan With Whole Grain Noodle Cheeseburger on Whole Grain Bun Baby Whole Carrot/ Dip Mixed Green Salad Oven Baked French Fries Pineapple Blueberries	<u>13</u> Chicken Strips with Whole Grain Dinner Roll Walking Taco's Corn Refried Beans Spanish Rice Fresh Orange	<u>14</u> Mac and Cheese With Whole Grain Dinner Roll All Beef Hot Dog on Whole Grain Bun Baked French Fries Baked Beans Peaches Mandarin Oranges Cookie	<u>15</u> Pasta Bar With Whole Grain Garlic Toast Pepperoni Calzone Mixed Green Salad Carrots Fresh Apple
<u>18</u> BBQ Beef Rib let on Whole Grain Bun Bosco Sticks Oven Baked Sweet Potato Fries Green Beans Peaches Fruit Cocktail	<u>19</u> Chicken Fajita Fried Rice Refried Beans Spicy Chicken Breast on Whole Grain Bun Broccoli Fresh Orange	<u>20</u> Sweet and Sour Chicken with Fried Rice Hot Ham and Cheese On A Croissant Corn Mixed Green Salad Baby Whole Carrots/Dip Fresh Apple	<u>21</u> Cheeseburger On Whole Grain Bun Deluxe Chicken Breast on Whole Grain Bun Oven Baked French Fries Carrots Raisin Assorted Sorbet	<u>22</u> NO LUNCH HOMECOMING
<u>25</u> Nacho's Supreme BBQ Pork on Whole Grain Bun Spanish Rice Refried Beans Baked Beans Mixed Green Salad Applesauce Peaches	<u>26</u> Turkey Al King On A Whole Grain Biscuit Chef Special Broccoli Oven Baked Sweet Potato Fries Blueberries Pineapple	<u>27</u> Oven Baked Chicken Leg With Whole Grain Roll Chef Special Corn Mashed Potato and Gravy Baby Whole Carrots/ Dip Fresh Apple	<u>28</u> Hot Turkey and Cheese On A Whole Grain Croissant Chef Special Peas Toss Salad Peaches Fruit Cocktail Cookie	<u>29</u> Deluxe Cheeseburger on a Whole Grain Bun Chef Special Carrots Baked French Fries Fresh Apple



UTEC/BREAKFAST MENU

**September
2017**

*Milk choice includes:
Choice of non-fat (flavored or unflavored) or 1% milk (unflavored)
Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fresh Baked Cinnamon Roll Fresh Orange
4 LABOR DAY NO SCHOOL	5 Assorted Pop Tarts Fresh Apple	6 Bagel Cheam Cheese Peaches Applesauce	7 Breakfast Burritos Fruit Cocktail Pears	8 Whole Grain Cereal Graham Cracker Fresh Orange
11 Whole Grain Honey Bun Peaches Orange Juice	12 Blueberry Muffin Grapefruit segments Pears Mandarin Oranges	13 Fruit Yogurt/ Gram Cracker Fresh Orange	14 French Toast /Syrup Sausage Pattie Fresh Banana	15 Berry Loaf String Cheese Fresh Apple
18 Zucchini Bread Pears Mandarin Oranges	19 Cheese Omelet Toast Fresh Banana	20 Fruit Yogurt Grahams Cracker Orange Juice Applesauce	21 Apple Muffin Sliced Peaches Mandarin Oranges	22 Fresh Baked Cinnamon Roll Fresh Apple
25 Banana Bread Fresh Orange	26 Breakfast Bar Applesauce Peaches	27 Chocolate Mint Donut Pears Orange Juice	28 Biscuit and Gravy Fresh Banana	29 Whole Grain Cereal with Gram Cracker Mandarin Oranges Applesauce



UTEC/PHOENIX LUNCH MENU

**September
2017**

Milk choice includes: Choice of non-fat (flavored or unflavored) or 1% milk (unflavored)

**Menu subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
				<u>1</u> NO LUNCH
<u>4</u> LABOR DAY NO SCHOOL	<u>5</u> Hot Turkey & Swiss On a Whole grain Croissant Baby Whole Carrot/Dip Green Bean Fresh Oranges	<u>6</u> Spaghetti Meat balls With Whole Grain Noodle and Garlic Bread Peas Mixed Green Salad Fresh Apple	<u>7</u> Salisbury Steak Whole Grain Dinner Roll Baby Whole Carrot/ Dip Mashed Potato and Gravy Fresh Banana	<u>8</u> Spicy Chicken Sandwich on a Whole Grain Bun Oven Baked French Fries Carrots Mandarin Oranges Peaches
<u>11</u> Pork Tenderloin on a Whole Grain Bun Green Beans Oven Baked Sweet Potato Fries Applesauce Pears	<u>12</u> Cheeseburger on Whole Grain Bun Baby Whole Carrot/ Dip Oven Baked French Fries Pineapple Blueberries	<u>13</u> Walking Taco's Corn Refried Beans Spanish Rice Fresh Orange	<u>14</u> Mac and Cheese With Whole Grain Dinner Roll Baked Beans Toss Salad Peaches Mandarin Oranges Cookie	<u>15</u> Pepperoni Calzone Mixed Green Salad Carrots Fresh Apple
<u>18</u> Bosco Sticks Oven Baked Sweet Potato Fries Green Beans Peaches Fruit Cocktail	<u>19</u> Spicy Chicken Breast on Whole Grain Bun Mixed Green Salad Broccoli Fresh Orange	<u>20</u> Sweet and Sour Chicken with Fried Rice Corn Baby Whole Carrots/Dip Fresh Apple	<u>21</u> Cheeseburger On Whole Grain Bun Oven Baked French Fries Carrots Raisin Assorted Sorbet	<u>22</u> NO LUNCH HOMECOMING
<u>25</u> BBQ Pork on Whole Grain Bun Baked Beans Carrots Applesauce Peaches	<u>26</u> Turkey AI King On A Whole Grain Biscuit Broccoli Baby Whole Carrots/Dip Blueberries Pineapple	<u>27</u> Oven Baked Chicken Leg With Whole Grain Roll Corn Mashed Potato and Gravy Fresh Apple	<u>28</u> Hot Turkey and Cheese On A Whole Grain Croissant Peas Toss Salad Peaches Fruit Cocktail Cookie	<u>29</u> Deluxe Cheeseburger on a Whole Grain Bun Carrots Baked French Fries Fresh Apple