

EL RANCHO HIGH SCHOOL WEEKLY LUNCH MENU 2017/2018

MENU ITEMS OFFERED IN SPEEDZONE AND SNACK CENTER

MONDAY

Main Dish (1)

Chicken Patty on a Bun
 Chicken Patty on a Bun w/Cheese
 Cheeseburger on a Bun
 Taco Nada
 Spicy Chicken on a Bun
 Spicy Chicken on a Bun w/Cheese
 Bean & Cheese Burrito
 Pepperoni Calzone
 Pepperoni Pizza (1/8 C ROV)
 Jamwich
 Large Salad
 Turkey Ham & Cheese Sub

SIDES (2)

Corn (1/2C)
 Side Salad (1/2 CDGV)
 Baby Carrots (1/2 C)
 Fresh Apple (1/2 C)
 Fresh Banana (1/2C)
 Fresh Orange (1/2C)
 Frozen Fruit Cup (1/2C)
 Canned Fruit (1/2 C)
 Assorted Juice (1/2 C)

MILK CHOICE (1)

Fat Free Choc. Milk
 1% White Milk

CONDIMENTS

Catsup
 Mustard
 Mayonnaise
 Taco Sauce
 Salad Dressing

TUESDAY

Main Dish (1)

Chicken Patty on a Bun
 Chicken Patty on a Bun w/Cheese
 Cheeseburger on a Bun
 Taco Nada
 Spicy Chicken on a Bun
 Spicy Chicken on a Bun w/Cheese
 Bean & Cheese Burrito
 Pepperoni Calzone
 Pepperoni Pizza (1/8 C ROV)
 Jamwich
 Large Salad
 Turkey Ham & Cheese Sub

SIDES (2)

Side Salad (1/2 CDGV)
 Baby Carrots (1/2 C)
 Fresh Apple (1/2 C)
 Fresh Banana (1/2C)
 Fresh Orange (1/2C)
 Frozen Fruit Cup (1/2C)
 Canned Fruit (1/2 C)
 Assorted Juice (1/2 C)

MILK CHOICE (1)

Fat Free Choc. Milk
 1% White Milk

CONDIMENTS

Catsup
 Mustard
 Mayonnaise
 Taco Sauce
 Salad Dressing

WEDNESDAY

Main Dish (1)

Chicken Patty on a Bun
 Chicken Patty on a Bun w/Cheese
 Cheeseburger on a Bun
 Taco Nada
 Spicy Chicken on a Bun
 Spicy Chicken on a Bun w/Cheese
 Bean & Cheese Burrito
 Pepperoni Calzone
 Pepperoni Pizza (1/8 C ROV)
 Jamwich
 Large Salad
 Turkey Ham & Cheese Sub

SIDES (2)

Side Salad (1/2 CDGV)
 Baby Carrots (1/2 C)
 Fresh Apple (1/2 C)
 Fresh Banana (1/2C)
 Fresh Orange (1/2C)
 Frozen Fruit Cup (1/2C)
 Canned Fruit (1/2 C)
 Assorted Juice (1/2 C)

MILK CHOICE (1)

Fat Free Choc. Milk
 1% White Milk

CONDIMENTS

Catsup
 Mustard
 Mayonnaise
 Taco Sauce
 Salad Dressing

THURSDAY

Main Dish (1)

Chicken Patty on a Bun
 Chicken Patty on a Bun w/Cheese
 Cheeseburger on a Bun
 Taco Nada
 Spicy Chicken on a Bun
 Spicy Chicken on a Bun w/Cheese
 Bean & Cheese Burrito
 Pepperoni Calzone
 Pepperoni Pizza (1/8 C ROV)
 Jamwich
 Large Salad
 Turkey Ham & Cheese Sub

SIDES (2)

Pinto Beans (1 CVLG)
 w/Tortilla Chips (1.5 GB)
 Side Salad (1/2 CDGV)
 Baby Carrots (1/2 C)
 Fresh Apple (1/2 C)
 Fresh Banana (1/2C)
 Fresh Orange (1/2C)
 Frozen Fruit Cup (1/2C)
 Canned Fruit (1/2 C)
 Assorted Juice (1/2 C)

MILK CHOICE (1)

Fat Free Choc. Milk
 1% White Milk

CONDIMENTS

Catsup/Mustard/Mayonnaise
 Taco Sauce
 Salad Dressing

FRIDAY

Main Dish (1)

Chicken Patty on a Bun
 Chicken Patty on a Bun w/Cheese
 Cheeseburger on a Bun
 Taco Nada
 Spicy Chicken on a Bun
 Spicy Chicken on a Bun w/Cheese
 Bean & Cheese Burrito
 Pepperoni Calzone
 Pepperoni Pizza (1/8 C ROV)
 Jamwich
 Large Salad
 Turkey Ham & Cheese Sub

SIDES (2)

Side Salad (1/2 CDGV)
 Baby Carrots (1/2 C)
 Fresh Apple (1/2 C)
 Fresh Banana (1/2C)
 Fresh Orange (1/2C)
 Frozen Fruit Cup (1/2C)
 Canned Fruit (1/2 C)
 Assorted Juice (1/2 C)

MILK CHOICE (1)

Fat Free Choc. Milk
 1% White Milk

CONDIMENTS

Catsup
 Mustard
 Mayonnaise
 Taco Sauce
 Salad Dressing

Menus are subject to change

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