

SEPTEMBER | 2021

MIAMI EAST HIGH SCHOOL LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30</p>	<p>31</p>	<p>1 French Bread Pizza Pepperoni (35) Cheese (33) Green Beans (4) Apple Slices (7) Peach Cup (19) Milk</p>	<p>2 Sausage, Egg & Cheese (1) On Bun (26) Hash Browns (26) Orange Juice (13) Mixed Fruit (15) Milk</p>	<p>3 Chicken Quesadilla (38) Cheese Quesadilla (40) Corn (21) Refried Beans (23) Mandarin Oranges (20) Pears (21) Milk</p>
<p>6 Labor Day No School</p>	<p>7 Chicken Strips (16) Roll (19) Chicken Wrap W/L&C (25) Corn (21) Pineapple (19) Mandarin Oranges (20) Milk</p>	<p>8 Pizza Hut Pepperoni (29) Cheese (29) Sausage (28) Veggie (30) Green Beans (4) Grapes (22) Apple Slices (7) Milk</p>	<p>9 Grilled Chicken Bacon Melt (3) On Pretzel Bun (29) Waffle Fries (14) Sweet Potato Fries (21) Mixed Fruit (15) Pears (21) Milk</p>	<p>10 Pulled Pork (17) Bun (26) Fish (14) Bun (26) Cheese Slice (5) Baked Beans (29) Cole Slaw (14) Grape Juice (19) Applesauce (13) Milk</p>
<p>13 Turkey Hot Shot O/Bread (30) W/Cheese Its (14) Mashed Potatoes (20) Stuffed Crust Pizza (32) Peach Cup (19) Mixed Fruit (15) Milk</p>	<p>14 Chicken Fajita W/L&C (33) Corn (21) Refried Beans (23) Pineapple (19) Apple Juice (4) Milk</p>	<p>15 Bosco Sticks (34) Mozzarella Sticks (33) Marinara (8) Green Beans (4) Mandarin Oranges (20) Apple Slices (7) Milk</p>	<p>16 Hot Dog (1) Bun (28) Coney Dog W/Cheese (7.5) Bun (28) Spiral Fries (15) Sweet Potato Fries (21) Grape Juice (15) Applesauce (13) Milk</p>	<p>17 Pork Tenderloin (15) Bun (26) Stuffed Crust Pizza (32) Broccoli (4) Corn (21) Pears (21) Fruit Slushie (22) Milk</p>
<p>20 Popcorn Chicken (14) W/Breadstick (14) Mashed Potatoes (20) Fruit Slushie (22) Pears (21) Milk</p>	<p>21 Tangy Chicken (25) Teriyaki Chicken (9) W/Rice (43) & Cookie (16) Broccoli (4) Mandarin Oranges (20) Apple Juice (14) Milk</p>	<p>22 Pizza Hut Pepperoni (29) Cheese (29) Sausage (28) Veggie (30) Green Beans (4) Grapes (22) Peach Cup (19) Milk</p>	<p>23 BBQ Rib (13) Bun (28) Sloppy Joe (10) Bun (26) Waffle Fries (14) Sweet Potato Fries (21) Pineapple (19) Grape Juice (19) Milk</p>	<p>24 Chicken Enchilada (10) Fiestada Pizza (39) Corn (21) Refried Beans (23) Mixed Fruit (15) Applesauce (13) Milk</p>
<p>27 Mac & Cheese (26) W/Breadstick (14) Stuffed Crust Pizza (32) Broccoli (4) Corn (21) Mandarin Oranges (20) Apple Juice (14) Milk</p>	<p>28 Reg. Chicken Patty (15) Spicy Chicken Patty (17) Bun (26) Mashed Potatoes (20) Peach Cup (19) Mixed Fruit (14) Milk</p>	<p>29 Bacon, Egg & Cheese Breakfast Pizza (22) Sausage & Gravy Breakfast Pizza (25) Hash Browns (26) Apple Slices (7) Pineapple (19) Milk</p>	<p>30 Meatball Sub (43) Crinkle Fries (21) Sweet Potato Fries (21) Grape Juice (19) Pears (21) Milk</p>	<p>1</p>

Student Lunches

- *Choose 1 Main Entrée
- *Choose at Least 1 Vegetable or Fruit (May Choose up to 2 Each)
- *Milk 1% White or Fat Free Chocolate
- *Carb Counts ! ()

Lunches Available Daily

Chef Salad W/Popcorn Chicken & Breadstick (31), Dressing Choices, Fruit Choices, Milk

Turkey Bacon Sub W/Lettuce & Cheese (33), Vegetable & Fruit Choices, Milk

Vanilla Yogurt Parfait W/Fruit & Granola (96), Fruit & Vegetable Choices, Milk

PB&J (64), Vegetable & Fruit Choices, Milk

PB&J W/Cheese Stick & Pretzels (33), Vegetable & Fruit Choices, Milk

Vegetable Choices Available Daily W/Lunches

*Variety of Fresh Veggies W/Ranch (1)
Carrots (7), Grape Tomatoes (7), Celery (2), Cucumbers (2)

*Side Salad W/Ranch Dressing (1)

Dips/Other

BBQ (9), Buffalo Ranch (3), Honey Mustard (6), Ranch (1), Sweet & Sour (11), Ketchup (3), Mustard (0), Mayo (2), Salsa (3), Taco Sauce (1), Sour Cream (2), Butter Pats (0), Pickle Slices (0)

Fruits

Fresh, Canned or 100% Fruit Juices

Menu is Subject to Change

This Institution is an Equal Opportunity Provider