# **North Union Local Schools** 2022-23 High School Menu

# Hot Dog/Corn Dog French Fries **Baked Beans Applesauce** 

**Bosco Sticks** Pizza Sauce Carrots/Ranch Pudding Banana

Mac/Cheese Green Beans Peaches WG Cookie

Macho Nacho Black Bean Salsa Salad/Dressing Pineapple/Churro Chicken Nooddles Mashed Potatoes Roll/Butter Fruit Choice

Pasta Bar that includes Pasta, Sauces, Toppings, Fruit and Meat WING WEDNESDAY ON THE BAR

**%** Chicken Alfredo **Breadsticks** Salad/Dressina Pineapple

Pepperoni Ripper Corn **Oranae Puddina** 

Breakfast Entrée Tator Tots **Baked Apples** Yogurt or Smoothie Cheese Sticks/Marinara Celery/Ranch **Baked Chips** Pears

Cook's Choice **Baked Beans Sweet Fries** Mixed Fruit Yum Yum Cake

Potato Bar includes Potato, Toppings, Bread, Fruit and Meat WING WEDNESDAY ON THE BAR

Regular/Spicy Chicken Sandwich Tomatoes/Lettuce Green Beans Fruit Choice/Cookie

Pizza Choice Carrots/Celery Ranch or Hummus Fruit Choice **Brownie** 

BBQ Rib/WG Bun Broccoli Crisscut Fries Pineapple

Taco Salad Black Bean Salsa/Ranch **Apple Churro** Fruit Choice

Chicken Bowl/Corn Mashed Potatoes Roll/Butter Mixed Fruit

Rice Bowl Bar includes White or Brown Rice, Meat, Toppings, Sauces and Fruit WING WEDNESDAY ON THE BAR

Cheese/Hamburger Tomato/Lettuce **Baked Beans Baked Chips** Applesauce

Quesadilla

Salad/Dressina

Mandarin Oranges

Sidekick

**Bosco Sticks** Pizza Sauce California Mix Apple WG Cookie

Taco Bar includes Shells, Tortillas, Toppings, Meat and Fruit

Totchos/Meat/Cheese Salsa **Breadstick** Churro Choice of Fruit

Spaghetti or Lasagna Salad/Dressina **Garlic Toast Peaches** 

Chicken Tenders Roasted Potatoes Broccoli Roll/Butter Mixed Fruit

WING WEDNESDAY ON THE BAR Grilled Cheese

Celery

**Pears** 

Pepperoni Ripper Ravioli or Soup Marinara Peas/Carrots Ranch or Hummus Grapes Monster Cookie

Meatball Sub Ranch Potatoes Peaches Rice Krispy Treat Sweet/Sour Chicken Broccoli/Fried Rice **Pineapple** Fortune Cookie

#### **BREAKFAST MENU**

Pop Tart, Muffin or Pancake Wrap Juice/Fresh Fruit/Milk

Bagel/Cream Cheese. Donut or Cereal Bar Juice/Fresh Fruit/Milk

Smoothie, Frudel or Pancake Juice/Fresh Fruit/Milk

Cereal Bar. Cinnamon Roll or Waffle Juice/Fresh Fruit/Milk

Frudel, Pop Tart, Muffin Juice/Orange/Milk

Free and reduced lunch program applications are available on line at www.payschoolcentral.com or at the school office. Please fill them out to qualify for free waivers.

Parents are encouraged to prepay for a la carte. Go to the school website under the cafateria tab and click on the Pay Schools link. www.payschoolscentral.com

Free students receive a free breakfast

www.n-union.k12.oh.us

#### **Lunch Prices**

Lunch	\$3.25
Reduced Lunches	\$0.40
Adult Lunches	\$4.00
Milk	\$0.50

## **Breakfast Prices**

Student	\$1.75
Reduced	\$0.30
Adult	\$2.00
No breakfast served on del	av davs

Fat free flavored milk and 1% white milk

WG=Whole Grain

## 3 Menus offered Daily

- Main Menu
- Chef Salad
- Gopher Lunch

Menu is subject to change.

Follow the menu with its calendar day. Each week is represented by a color and represents

a 5-week cycle menu.

Soup and Salad Bar includes Various Soups, Salad, Toppings and Fruit WING WEDNESDAY ON THE BAR

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