

# 2017-2018 MAYFIELD HIGH SCHOOL LUNCH MENU



## A La Carte Offerings

DAILY Fresh Salads/Sandwiches  
To Go \$2.50-\$3.50

DAILY Hot A La Carte Items:  
Breadsticks, Mozzarella Sticks,  
etc... \$2.00

Bottled Water, Juice, Low  
Calorie Beverages \$1.25-\$1.50

## How to Pay

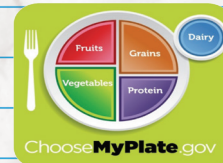
Use link on Parent Portal of Infinite Campus to add cash funds to student lunch accounts. Parents also can check meal account balances, sign up for low balance alerts, track food purchases and much more.

## Meal Pricing

High School Lunch..... \$3.25  
Reduced Lunch..... \$0.40  
Milk Ala Carte..... \$0.50

# Lunch Menu - Daily Choices

Make half your plate Fruits and Veggies. A Fruit and a Vegetable will be offered daily! Students must take a fruit or vegetable with his/her lunch. Grains are Whole Grain Rich and milk is fat free or low fat. Lunches are 30% or less total fat and 10% or less saturated fat. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more info on healthy eating!



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### FRESH SALAD & DELI STATION

- Fresh Salad Bar
- Dinner Roll
- Cottage Cheese
- Fruit Cup
- Elf® Grahams

- Fresh Salad Bar
- Dinner Roll
- Cottage Cheese
- Fruit
- Mini Carrots

- Fresh Salad Bar
- Garlic Breadstick
- Cottage Cheese
- Fruit Cup

- Fresh Salad Bar
- Butternut Squash
- Cookie
- Fruit Cup

- Fresh Salad Bar
- Dinner Roll
- Cottage Cheese
- Fruit Cup

#### JUST CHICKEN

- Breaded Chicken Sandwich
- Baked Fries or Baked Sweet Potato Fries
- Steamed Vegetable
- Fruit Cup
- Cookie

- Breaded Chicken of the day
- Fruit Cup
- Cucumber Slices
- Dinner Roll
- Fudge Brownies

- Breaded Chicken of the Day OR Hamburger
- Broccoli with Shredded Cheese
- Fruit Cup
- Veggie Sticks with Hummus
- Garlic Breadstick

- Breaded Chicken OR Burger on Bun
- Baked Fries
- Butternut Squash
- Graham Crackers
- Fruit Cup

- Breaded Chicken of the Day
- Baked Fries
- Mini Salad
- Fruit Cup
- Whole Grain Roll

#### VIVA ITALIAN

- Slice of Cheese Pizza
- Baked Fries or Sweet Potato Fries
- Veggie Sticks with Ranch
- Fruit Cup
- Cookie

- Pasta with Meatballs
- Breaded Mozzarella Sticks OR Cheese Pizza
- Cucumber Slices w/Hummus
- Fudge Brownies
- Fruit Cup

- Stuffed Beef Calzone OR Cheese Pizza
- Broccoli
- Veggie Sticks with Ranch
- Fruit Cup
- Garlic Breadstick

- Chicken Parmesan on a Bun or Deluxe Burger
- Breaded Mozzarella Sticks
- Green Beans
- Butternut Squash
- Graham Crackers
- Fruit Cup

- Meatball Sub OR Cheese Pizza
- Baked Fries
- Mini Salad
- Fruit Cup

#### FAVORITES

- Burger or All Beef Hot Dog w/Toppings
- Baked Fries OR Sweet Potato Fries
- Steamed Vegetables
- Fruit Cup
- Cookie

- Build your own Fajita:**
- Fajita Meat
  - Beans • Corn
  - Steamed Rice with Cilantro
  - Salsa
  - Shredded Lettuce, Cheese
  - Fudge Brownie
  - Fruit Cup

- Sweet N' Sour Chicken
- Broccoli
- Brown Rice
- Veggie Sticks with Ranch
- Fruit Cup
- Breadstick

- Build Your Own Taco Salad**
- Taco Meat • Beans
  - Nacho Chips • Rice w/ Cilantro • Salsa • Shredded Lettuce, Cheese
  - Fruit Cup

- Chicken & Cheese Quesadilla or Fresh Chicken Wrap
- Baked Fries
- Mini Salad
- Fruit Cup
- Dinner Roll

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