

South Range Middle/High School Lunch

August/September 2021

The Nutrition Group
 Food Service Director: Kaitlyn Pierce,—Kpierce@southrange.org
 Phone: (330) 549-4070

The Garden

Fresh Salads & Sandwiches w/ assorted toppings and choices made to order Mon-Fri.

The Deli

Made to order deli line available daily
 Choices include: Flavored Wraps, Bread, Deli Meats, Cheese, Chicken Salad, Tuna Salad, Egg Salad, and Toppings!

The Pizzeria

M/W/F: Fiestada Pizza, Homemade Pizza, & Popcorn Chicken w/ Bread Slice

T/TR: Cheeseburger, Mini Corn Dogs, & Stromboli

Grab & Go

The Raider Café will be open **Mon.-Thurs. from 2:45-3:30 p.m.**
 Assorted options available for snack and beverage needs for after school activities!!

Monday	Tuesday	Wednesday	Thursday	Friday
Aug.23 No School Teacher Professional Development Day	24 Boneless Wing Bar w/ Sliced Bread Crinkle Fries Mandarin Oranges Choice of Milk	25 Soft Shell Beef & Cheese Taco Seasoned Black Beans Fresh Apple Choice of Milk	26 Creamy Macaroni & Cheese w/Bread Slice Seasoned Broccoli Fresh Banana Choice of Milk	27 General Tso's Popcorn Chicken & Rice Bowl Diced Carrots Applesauce Choice of Milk
Sept.6 No School Labor Day	7 French Toast Sticks w/Sausage Tater Tots Tropical Fruit Choice of Milk	8 Hard Shell Beef & Cheese Tacos Cheesy Refried Beans Sliced Peaches Choice of Milk	9 Pizza Hut Pizza Garden Salad Fresh Banana Choice of Milk 	10 Buffalo Chicken Dip w/Tortilla Chips Seasoned Peas Diced Pears Choice of Milk
13 Crispy Chicken Sandwich (Regular or Spicy) BBQ Baked Beans Diced Peaches Choice of Milk	14 Popcorn Chicken Bowl w/Bread Slice Mashed Potatoes & Gravy Pineapple Choice of Milk	15 McRaider Breakfast Sandwich Sweet Potato Fries Fresh Banana Choice of Milk	16 Pasta w/Meat Sauce & Garlic Breadstick Garden Salad Mandarin Oranges Choice of Milk	17 Pepperoni Stuffers Seasoned Green Beans Fresh Apple Choice of Milk
20 Boneless Wing Bar w/Breadstick Seasoned Corn Sliced Peaches Choice of Milk	21 Hot Dog Bar Potato Wedges Applesauce Cup Choice of Milk	22 Beef & Cheese Nachos Cheesy Refried Beans Fresh Grapes Choice of Milk	23 Pizza Hut Pizza Garden Salad Fresh Banana Choice of Milk 	24 Grilled Cheese w/ Tomato Soup Sweet Potato Fries Mixed Fruit Choice of Milk
27 Buffalo Chicken Dip w/Tortilla Chips Carrots & Celery Fresh Pear Choice of Milk	28 Italian Dunkers w/ Marinara Sauce Steamed Green Beans Apple Slices Choice of Milk	29 Chicken Burrito Bowl w/Rice Seasoned Black Beans Fresh Orange Choice of Milk	30 Pasta w/Meatballs & Garlic Breadstick Seasoned Broccoli Diced Pineapple Choice of Milk	

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

***Vegetable Bar includes:**
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber

***Fruits include:**
 Crisp Apple Sliced
 Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce

Milk

Milk Choices Offered Daily:
 1% white, non-fat white, non-fat flavored

Proud to manage your food service program


Lunch Prices:
***A complete lunch is FREE for the 21/22 school year.**
(A fruit and/or vegetable MUST be taken.)

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
MENUS SUBJECT TO CHANGE

Students may request a cup at the register to get water for free at the drinking fountain.

16oz. Bottled water \$1.00
 8oz. Bottled water \$.055