

# South Range 7th-12th Lunch Menu

March 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, Hummus, Chicken Salad, Tuna Salad, Egg Salad, and Toppings!

## 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
<b>1 Ham, Egg, &amp; Cheese Breakfast Sandwich</b> Sweet Potato Fries Berries Choice of Milk	<b>2 Mini Corn Dog Nuggets</b> BBQ Baked Beans Mandarin Oranges Choice of Milk	<b>3 French Toast Sticks w/Sausage Patties</b> Tater Tot Sliced Strawberries Choice of Milk	<b>4 Pasta &amp; Meatballs w/ Dinner Roll</b> Steamed Broccoli Applesauce Cup Choice of Milk	<b>5 Crispy Fish Sandwich</b> Seasoned Green Beans Tropical Fruit Salad Choice of Milk
<b>8 Spicy or Regular Breaded Chicken Sandwich</b> Sweet Potato Fries Fresh Grapes Choice of Milk	<b>9 Chicken Burrito Bowl w/Rice</b> Cheesy Refried Beans Fresh Banana Choice of Milk	<b>10 Sliced Turkey w/ Gravy &amp; Biscuit</b> Mashed Potatoes & Gravy Diced Peaches Choice of Milk	<b>11 Pizza Hut Pizza (Cheese or Pepperoni)</b> Baby Carrots Diced Pears Choice of Milk	<b>12 Lasagna Roll w/ Bread Slice</b> Seasoned Broccoli Apple Slices Choice of Milk
<b>15 Wing Bar w/Assorted Sauces &amp; Bread Slice</b> Seasoned Corn Cinnamon Apple Slices Choice of Milk	<b>16 Buffalo Chicken Dip w/Tortilla Chips</b> Seasoned Broccoli Tropical Fruit Salad Choice of Milk	<b>17 Popcorn Chicken Bowl w/Bread Slice</b> Mashed Potatoes & Gravy Fresh Apple Choice of Milk	<b>18 Bacon Cheeseburger</b> BBQ Baked Beans Diced Pineapple Choice of Milk	<b>19 French Bread Cheese Pizza</b> Seasoned Carrots Mandarin Oranges Choice of Milk
<b>22 Spicy or Regular Breaded Chicken Sandwich</b> Garden Salad Diced Pears Choice of Milk	<b>23 Beef &amp; Cheese Nachos</b> Seasoned Black Beans Fresh Banana Choice of Milk	<b>24 French Toast Sticks w/Sausage Patties</b> Tater Tot Blueberries Choice of Milk	<b>25 Pizza Hut Pizza (Cheese or Pepperoni)</b> Baby Carrots Petite Banana Choice of Milk	<b>26 Grilled Cheese Sandwich w/Tomato Soup</b> Seasoned Corn Diced Pineapple Choice of Milk
<b>29 Country Fried Steak w/Bread Slice</b> Mashed Potatoes & Gravy Diced Peaches Choice of Milk	<b>30 Soft Shell Chicken &amp; Cheese Taco</b> Cheesy Refried Beans Apple Slices Choice of Milk	<b>31 Sweet &amp; Sour Popcorn Chicken w/ Rice</b> Seasoned Broccoli Mandarin Oranges Choice of Milk	<b>**Breakfast &amp; lunch reimbursable meals are free until June 4th 2021.</b>	
<u>Second Options:</u> Mini Corn Dog Nuggets	Cheese or Pepperoni Pizza	Cheeseburger	Chicken Strips w/ Bread Slice	Pepperoni & Cheese Bosco Stick

## Accompaniments

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

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|---------------------------------|-------------------------|
| <b>*Vegetable Bar includes:</b> | <b>*Fruits include:</b> |
| Broccoli Florets                | Crisp Apple             |
| Baby Carrots                    | Sliced                  |
| Dark Leafy Greens               | Peaches                 |
| Legume Salads                   | Mixed Fruit             |
| Celery & Cucumber               | 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  
 The Nutrition Group

**Lunch Prices: Paid \$2.95**  
**Reduced \$.40**  
**Pizza Hut \$3.25**  
**\*All lunches FREE until 6/4/21**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

**MENUS SUBJECT TO CHANGE**