





Skyline High School Lunch Menu

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	BACKYARD BBQ BOWL: Honey BBQ Chicken Homemade Macaroni Salad Homemade Potato Salad Corn on the Cob Seasoned Carrots Warm Breadstick Honey BBQ Sauce Fresh Chopped Green Onion	FIESTA POTATO BOWL: Spicy Mexican Beef Whole Baked Potato Seasoned Potato Wedges Steamed Broccoli Cuts Southwest Corn & Black Bean Salad Made w/ Fresh Local Corn & Tomatoes Homemade Corn Bread Cheddar Cheese Sauce Fresh Shredded Carrot	BRUNCH FOR LUNCH BOWL: Scrambled Eggs, Crumbled Sausage Home-style Grits Herb Roasted Potatoes w/ Shredded Carrot Fresh Orange Wedges Fruit Crisp Whole Wheat Pancake Warm Syrup Shredded Cheddar	AMERICAN DINER BOWL: Meat Loaf* Macaroni w/ Cheese Sauce Mashed Potatoes* Stewed Tomatoes Seasoned Mixed Veggies* Dinner Roll* Brown Gravy Green Parsley Flakes	ITALIAN PASTA BOWL: Seasoned Unbreaded Chicken Spinach Fettuccini Curly Rotini Pasta Roasted Italian Vegetables Seasoned Green Beans Toasted Whole Grain Garlic Bun Garlic Cream Sauce, Red Marinara Sauce Roma Herb Seasoning Blend
 <p>Lean Beef Burgers w/ Cheese & Breaded Chicken Sandwiches Available Daily</p>	Breaded Popcorn Chicken w/ Breadstick Fresh Locally Grown Corn on the Cob Fresh Iceberg Lettuce & Tomato Pepperoni Pizza	Pizza Burger on a Whole Wheat Bun* Baked Potato* Fresh Romaine Lettuce & Tomato Broccoli Topped Pizza	Hot Sausage, Egg & Cheese on a Whole Wheat English Muffin Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato* Chicken Brushetta Pizza Topped	BLT Burger Mashed Potatoes Fresh Iceberg Lettuce & Tomato Pepperoni Pizza	Breaded Chicken Del Sol Sandwich w/ Salsa & Cheddar Roasted Italian Vegetables Fresh Iceberg Lettuce & Tomato Grilled Veggie Pizza w/ Local Veggies
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>	Margheritta Flatbread Green Bean Salad	Whole Wheat Pizza Bagels Caesar Romaine Side Salad w/ Croutons	Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce Marinated Tomato & Cucumber Salad	Whole Grain Mexican Pita Pizzas Creamy Coleslaw	Hot Dog Twist Sweet Corn Salad
 <p>Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Macaroni Salad</p>	Made to Order SANDWICH Bar Special: Triple Decker Turkey Club on Whole Wheat	Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap Southwest Corn & Black Bean Wrap	Made to Order SALAD Bar Special: Mandarin Orange Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing & Crackers	Made to Order SANDWICH Bar Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo	Made to Order SANDWICH Bar Special: Grilled Chicken and Roasted Vegetables on a Kaiser w/ Homemade Macaroni Salad*
 <p>Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo-Fast Toasted Treatment Ham and Cheese or Turkey and Cheese Panini Available Daily</p>	Pressed Beef & Bean Burrito w/ Cheese Tossed Salad w/ Light Dressing	Toasted Stromboli Grinder Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad	Toasted Mozzarella & Pepperoni on Whole Wheat w/ Tomato Dipping Sauce Marinated Tomato & Cucumber Salad	Peppercorn Chicken Reuben Panini Buttermilk Coleslaw Made w/ Fresh Locally Grown Cabbage	Whole Grain Cheese Quesadillas w/ Yogurt Salsa Sweet Corn Salad
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>	Deli Chef Salad w/ Crackers Triple Decker Turkey Club on Whole Wheat Toasted Whole Wheat Bagel Chips w/ Fresh Veggies & Hummus* Italian Hero Green Bean Salad Fresh Orange*	Cobb Salad w/ Crackers Parisian Ham & Cheese Wrap Chicken Caesar Wrap Italian Hero Carrot Sticks Chilled Peaches	Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing Turkey Club Wrap Buffalo Chicken Salad Wrap Italian Hero Marinated Tomato & Cucumber Salad Petite Bananas	Breaded Chicken Caesar Salad w/ Crackers Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Fruit Yogurt Parfait w/ Granola Topping Italian Hero Creamy Coleslaw Fresh Apples	Crispy Chicken Popper Salad w/ Crackers Grilled Chicken and Roasted Vegetables on a Kaiser Roll Made w/ Fresh Locally Grown Zucchini & Green Peppers on a Kaiser Roll* w/ Homemade Macaroni Salad* Honey Mustard Chicken Pasta Salad Italian Hero Carrot Sticks Chilled Applesauce
 <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	Green Bean Salad Tossed Salad w/ Light Dressing Chilled Pears Fresh Orange Wedges*	Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad Fresh Local Apples Chilled Peaches*	Marinated Tomato & Cucumber Salad Tossed Salad w/ Light Dressing* Chilled Pineapples Fresh Pears*	Creamy Coleslaw Tossed Salad w/ Light Dressing Fruit Crisp* Chilled Mandarin Oranges	Sweet Corn Salad Carrot Sticks Chilled Pear Raisin Salad Chilled Applesauce*

 Menu item is made w/ whole grain

 Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)