

Breakfast Prices:

Full Pay - \$ 1.00
 Red. Price - \$.30
 Free - \$.00

*Menu subject to change
 without notice due to
 availability of products*

Conner High School

Lunch Prices - Middle

Full Pay - \$2.25
 Red. Price - \$.40
 Free - \$.00

*Contact your school or call
 282-5652 for Free or
 Reduced Meal Applications.*

(g=grams of carbohydrates)

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST MENU - (Fresh Fruit or Juice and Milk Choice with all Breakfast Meals)					
	Funnel Cake(45g) or Yogurt or Cereal	Sausage Biscuit(24g) or Mini Pancakes or Cereal	Breakfast Pizza(19g) or Mini Cinnis or Cereal	Flapstick(23g) or Yogurt or Cereal	Ham, Cheese & Egg Bagel or Mini French Toast or Cereal
week of:	TRADITIONAL ENTREES - (Milk Choice with all Meals)				
1/2/12	Cheese Coney(27g)	Chicken Smackers(17g)	Spaghetti & Meatsauce	Chicken Choice or Pot Pie	Mini Corndogs(38g)
1/23/12	Ham & Cheese Bagel(47g)	Salisbury Steak(8g)	Tossed Salad	Hot Wings(12g)	Fish Wedge(21g)
2/13/12	Baked Beans	Mashed Potatoes	Seasoned Corn	Mashed Potatoes	Mac & Cheese
3/5/12	Coleslaw	Broccoli w/Cheese	Green Peas	Green Beans	Peas & Carrots/Coleslaw
3/26/12	Fresh Fruit/Veggie Choices	Fresh Fruit/Veggie Choices	Fresh Fruit/Veggie Choices	Fresh Fruit/Veggie Choices	Fresh Fruit/Veggie Choices
		Biscuit	Jello	Dinner Roll	Dessert
1/9/12	Warm Soup Choice	Chicken Smackers(17g)	Chili 3/Way(28g)	Chicken Choice	Philly Steak Sandwich(42g)
1/30/12	Grilled Cheese(20g)	Meatloaf(8g)	Cheese Ravioli(29g)	Oven Roasted Chicken(0g)	Fish Wedge(21g)
2/20/12	Mixed Vegetables	Mashed Potatoes	Corn/Tossed Salad	Au Gratin Potatoes	Mac & Cheese
3/12/12	Tossed Salad	Broccoli w/Cheese	Fresh Fruit/Veggie Choices	Green Beans	Brussel Sprouts & Carrots
	Fresh Fruit/Veggie Choices	Fresh Fruit/Veggie Choices	Jello	Fresh Fruit/Veggie Choices	Fresh Fruit/Veggie Choices
	Pudding	Biscuit	Wheat Breadstick	Dinner Roll	Dessert
1/16/12	Spaghetti & Meatballs(68g)	Chicken Smackers(17g)	Lasagna Rolls(31g)	Chicken Choice	Mini Corndogs(38g)
2/6/12	Stromboli(22g)	Chicken Alfredo(28g)	Pizza Dippers(30g)	Breaded Pork Chop(17g)	Fish Wedge(21g)
2/27/12	Mixed Vegetables	Mashed Potatoes	Seasoned Corn	Mashed Potatoes	Mac & Cheese
3/19/12	Fresh Fruit/Veggie Choices	Winter Blend Vegetables	Vegetable Choice	Green Beans	Glazed Carrots
	Breadstick	Fresh Fruit/Veggie Choices	Fresh Fruit/Veggie Choices	Fruit Choice	Fresh Fruit/Veggie Choices
		Dinner Roll	Jello	Dinner Roll	Dessert
FOOD COURT BARS OFFERED DAILY (8 oz Milk Choice with all Meals)					
	<u>HOT ZONE & PIZZA</u>	<u>COLD CABINETS</u>	<u>SOUTH of the BORDER</u>	<u>DELI BAR</u>	<u>CHILI BAR</u>
	Hot Sandwiches/Bun	Variety of Wraps	Burrito Bar	Sub Sandwiches	Open on Wednesdays
	Pizza Selection	Fresh Veggies	Refried Beans	Vegetable Choices	Chili Cheese Fries
	Fresh Veggies	Variety of Fruit	Corn	Choice of Sandwich Toppings	Corn
	Fruit Choice	Fruit Juice	Taco Toppings, Veggies	Fruit Choice	Tossed Salad
	Juice	Boxed Salad	Fresh Fruit & Juice	100% Fruit Juice	Fruit Choice & Juice

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