

Putnam High School - HEALTHY LUNCH MENU ♦ March 2024 Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
~ We serve whole grains. and foods that contain naturally. occurring fiber daily. These include fresh fruits, vegetables, leafy greens, and legumes		Breakfast and Lunch is Free to ALL students Every day!!!!		1 ~Stuffed Crust Pizza~ Or Popcorn Chicken Fry Basket Garden Salad with Dressing Build your Burrito Bowl
4 ~ WG Waffle Bar~ Strawberry or Blueberry, Whip Cream Sausage Patty Or Spicy Chicken Sandwich Hash Brown Patty Sandwich Creation Station with Soup	5 ~ WG Mozzarella Sticks with Marinara Sauce~ WG Penne Pasta Or Bacon Cheeseburger Seasonal Vegetable Sandwich Creation Station with Soup	6 ~ Beef Taco Pasta~ WG Tortilla Chips Or Chicken Caesar Wrap Roasted Harvest Vegetables Sandwich Creation Station with Soup	7 ~Chicken Potato Bowl~ W/ Whole Wheat Dinner Roll Or Wild Mikes Cheese Bites Seasoned Corn Sandwich Creation Station with Soup	8 ~Big Daddy Pizza~ Primo Rising Crust pizza Or Popcorn Chicken Fry Basket Garden Salad with Dressing Sandwich Creation Station with Soup
11 Orange Chicken Rice Bowl Fortune Cookie Or Spicy Chicken Sandwich Broccoli Salad Creation Station	12 ~Crispy Breaded Chicken Filet Sandwich~ Or Bacon Cheeseburger Crispy French Fries Salad Creation Station	13 ~Nachos Grande~ Spanish Rice with Fixings Or Chicken Caesar Wrap Seasoned Corn Salad Creation Station	14 Country Fair” Fried Dough Topped with Marinara and Parmesan or Powdered Sugar Or Wild Mikes Cheese Bites Caesar Salad Salad Creation Station	15 No School PD Day
18 ~Rodeo BBQ Rib Sandwich Honey BBQ pork rib topped with onion rings and pickle on WG Kaiser Roll Or Spicy Chicken Sandwich Onion Rings Flavored Wing Bar	19 ~Buffalo Chicken Tenders~ Creamy Whipped Potatoes WG Dinner Roll Or Bacon Cheeseburger Seasoned Corn Flavored Wing Bar	20 Texas Style Grilled Cheese Original or Pesto Or Chicken Caesar Wrap Homemade Tomato Soup Flavored Wing Bar	21 ~ Toasted Meatball Grinder Parmesan~ Or Wild Mikes Cheese Bites Roasted Corn Flavored Wing Bar	22 ~Big Daddy Pizza~ Primo Rising Crust pizza Or Popcorn Chicken Fry Basket Garden Salad with Dressing Flavored Wing Bar
25 ~General Tso’s Chicken~ Breaded Chicken Tossed W/ Tangy Sweet & Mild Chili sauce Over Vegetable Fried Rice Or Spicy Chicken Sandwich Steamed Broccoli Baked Potato Bar	26 ~Cheese Quesadilla~ W/ Fixings Mexicana Rice Or Bacon Cheeseburger Seasoned Corn Baked Potato Bar	27 ~Chicken Parm Sandwich~ Chicken patty topped with marinara sauce and melted mozzarella cheese. Or Chicken Caesar Wrap Curly French Fries Baked Potato Bar	28 ~Cheesy Beef Tot-Chos~ Crispy Tatar Tots Topped with Taco seasoned beef, Cheese Sauce, and Scallions, WG Breadstick Or Wild Mikes Cheese Bites Baked Potato Bar	29 No School Good Friday

WG=Donates the use of Whole Grain Products

This Institution Is An Equal Opportunity Provider

*A meal comprises of: Meat/meat alternate, grain, fruit, vegetables and milk. Student must have 3 out of the 5 components to make a meal complete.
A variety of Fruits and Vegetables are offered daily.*

*Pre Orders: All students can pre order deli sandwiches, salads OR Spicy chicken sandwich daily.
Order forms are located in the cafeteria. Orders need to be submitted to the kitchen in the morning, prior to service time.*

Alternate meals are offered on the serving line: Peanut butter Jelly Sandwich with string cheese, Chicken Caesar Salad and breadstick, Assortment of Deli Sandwiches.

If there is something that you are looking for, please discuss with Kitchen Manager and we will do our best to accommodate your needs

*Al a Carte available: Chips, cookies, water, and juice prices range from .75-\$1.25.
Extra Entrée: \$3.00*

Reminder: All money for al a carte needs to be prepaid.

How do I prepay?

1-Money in envelope with your full name on it, place in lock box located outside the café doors in the morning.

Or

2- Put money on your account through the online payment system at: myschoolbucks.com

Did you know we offer FREE breakfast to ALL Students every day?!!

Breakfast is served 7:05am-7:21 Daily.

Grab & Go

Come Rise & Shine with a Healthy Breakfast to start your day!