

APRIL

Wickenburg High Menu



Questions or Comments?
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 Director of Dining Services
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Be a Vegetarian for a Day!

Every Tuesday during the month of April we will have a special vegetarian menu.

Our entrées and salad bar will include locally grown fruits and veggies.

Pump it up with more fruits and veggies SFE style!

DAILY SELECTIONS

Cheeseburger
 Spicy Chicken Sandwich
 Cheese or Pepperoni Pizza
 Build your own Taco & Burrito Bar

DAILY SELECTIONS

Deli Subs & Wraps
 Fresh Fruit and Vegetable Bar
 Assorted Low Fat Milk



This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday



Menu is subject to change.



Fresh Fruit Selection & Reduced Sugar Cereals Available Daily at Breakfast



3 Lunch
 Seasoned Beefy Macaroni
 BBQ Glazed Chicken with Wheat Roll
 Green Chicken Enchiladas
 Seasoned Corn
Breakfast
 Whole Grain Waffle Stix w/ Sausage Patty

4 Lunch
 Cheesy Layered Garden Vegetable Lasagna
 Southwest Veggie Wrap
 Beef Dipper Potato Bowl
 Buttered Crinkle Cut Carrots
Breakfast
 Egg, Ham, Potato & Cheese Bowl w/ Buttery Toast

5 Lunch
 Chicken Parmesan & Roasted Tomato's
 Hot Turkey Biscuit w/ Vegetables
 Buttered Green Beans
Breakfast
 Fluffy Egg & Sausage Bagel Sandwich

6 Lunch
 Chicken Potato Bowl
 Turkey Pesto Panini
 Large Chicken Caesar Salad
 Fresh Broccoli with Cheese
Breakfast
 Baked Breakfast Casserole w/ Buttery Toast

7 Lunch
 Orange Chicken w/ Brown Rice
 Turkey Hot Dog
 Seasoned Curly Fries
Breakfast
 Crispy Southwestern Hash w/ Buttery Toast

10 Lunch
 Creamy Chicken Alfredo with Whole Grain Breadsticks
 Chicken Fajita Melt Panini
 Buttered Green Beans
Breakfast
 Scrambled Egg Spicy Chorizo w/ Buttery Toast

11 Lunch
 Oven Baked Rotini with Garden Vegetables
 Cheesy Layered Garden Vegetable Lasagna
 Seasoned Corn
Breakfast
 Golden Pancakes with a Savory Sausage Patty

12 Lunch
 Country Fried Steak Bowl
 Whole Grain Beef Dipper Sliders
 Hawaiian Chicken Salad
 Seasoned Green Peas
Breakfast
 Biscuits & Gravy with Ham Slice

13 Lunch
 Philly Chicken Cheesesteak
 Kyoto Popcorn Chicken W/ Japanese Sunflower Noodles
 Crispy Chicken Caesar Salad
 Buttered Crinkle Cut Carrots
Breakfast
 Golden Waffle Sandwich with Eggs & Cheese



17 Lunch
 Loaded Chicken Snowbowl
 Savory Meatball Sub
 Green Chile Chicken Enchiladas
 Seasoned Corn
Breakfast
 Whole Grain Sausage, Egg & Cheese Panini

18 Lunch
 Vegetarian Pasta Alfredo
 Cream of Broccoli Cheddar Soup w/ Crackers
 Cheesy Nachos
 Seasoned Green Peas
Breakfast
 French Toast Sticks w/ Sausage Patty

19 Lunch
 Creamy Chicken Alfredo
 Homemade Whole Grain Sloppy Joe Sandwich
 Large Chicken Garden Salad
 Fresh Broccoli with Cheese
Breakfast
 Quiche Lorraine

20 Lunch
 Kung Pao Beef & Oriental Vegetables
 BBQ Pork Rib Sub w/ Cheese
 Baked Cheese Enchiladas
 4 Way Mixed Vegetables
Breakfast
 Waffle Stix w/ Sausage Patty

21 Lunch
 Tangy Crispy Orange Chicken with Seasoned Brown Rice
 Turkey Hot Dog
 Supreme Pizza
 Seasoned Curly Fries
Breakfast
 Whole Grain Breakfast on a Stick

24 Lunch
 Meatloaf Potato Bowl
 BBQ Pork Rib Sub w/ Cheese
 Large Chicken Garden Salad
 Pepperoni & Jalapeno Pizza
 Smooth Cut Carrots
Breakfast
 Scrambled Eggs & Cheese w/ Buttery Toast

25 Lunch
 Cheesy Layered Garden Vegetable Lasagna
 Grilled Veggie Wrap
 Veggie Lovers Pizza
 Buttered Green Beans
Breakfast
 Egg, Ham, Potato & Cheese Bowl w/ Buttery Toast

26 Lunch
 Beef Dipper Sliders
 Jerk Chicken w/ Caribbean Rice
 Crispy Buffalo Chicken Salad
 Buttered Crinkle Cut Carrots
Breakfast
 Golden Pancakes with a Savory Sausage Patty

27 Lunch
 Traditional BBQ Glazed Chicken
 BBQ Pork Rib Sub
 Baked Cheese Enchiladas
 4 Way Mixed Vegetables
Breakfast
 Egg, Ham, Potato & Cheese Bowl w/ Buttery Toast

28 Lunch
 Orange Chicken w/ Brown Rice
 Turkey Hot Dog
 Ham, Turkey & Cheese Sub
 Seasoned Curly Fries
Breakfast
 Whole Grain Chocolate Chip Snack'n Waffle

Breakfast Meal Price: Paid \$1.75 / Reduced \$0.30 Lunch Meal Price: Paid \$2.80 / Reduced \$0.40 Adult Meal Price: \$3.00