

Warwick High School Menu

September 2018



This institution is an equal opportunity provider and employer.



AVAILABLE DAILY

All meals include (2) fruits, veggie & milk
Milk is the only beverage include w/ meals

*Meals include choice of Fat free flavored,
 Fat free white or 1% white*

\$2.75 Sandwich bar w/ (2) fruits, veggie & milk
 Choices: Italian, turkey, ham n' cheese subs,
 Veggieburger

\$2.75 Pizza Meal Deal w/ (2) fruits, veggie & milk

\$2.75 Wraps w/ veggie, (2) fruits and milk
 Choices: Veggie, turkey, ham, spicy chicken,
 Buffalo, Asian and BBQ chicken

\$2.75 Salad w/ (2) fruits and milk
 Choices: Southwest, Chopped Ribbon Chef, Vegan,
 Caesar, Grilled Chicken and Orange salad

Hummus salad, yogurt, whole grain cheez its, muffin,
 bed of mixed greens with baby carrots

\$3.50 Warrior: Entrée w/ bag of Herr's chips,
 (2) fruits, veggie and milk

Assorted fruit basket may include:
 Applesauce, peaches, pears, apricots, raisins,
 strawberries, pineapples, mixed fruit, bananas, grapes,
 apples, raisins and 100% fruit juice slushy



Menu subject to change
 Ingredient Labels available upon request

HAPPY LABOR DAY!



Try not to be BLUE
about Summer's end -
enjoy the last sweet
days of the season
BERRY much!

HEY KIDS (& PARENTS)!

Breakfast daily \$1.50

Offered throughout the week:

Benefit bars, sausage/egg/cheese roll,
 Breakfast pizza, muffins, cereal, cini mini's, donut holes
Friday: Funnel cakes



Sept. 11, 2001



In eternal remembrance of the victims, in continued support of their families, and in undying gratitude to the heroes.

EZSchoolPay.com

SIMPLE, SAFE & SECURE BREAKFAST

\$1.50
 Reduced
 \$0.00

LUNCH

\$2.75
 Warrior \$3.50
 \$1.40 Reduced

Pay for meals on-line at EZSchoolPay.com!

Wednesday, Sept. 5

#1 Pizza Stix w/dipping sauce

#3 Warrior:
 Hot n' spicy chicken sandwich w/chips

Broccoli

Thursday, Sept. 6

#1 Ham n' cheese on pretzel roll, tomato soup

#3 Warrior:
 Bacon cheeseburger w/ chips

Baked beans

Friday, Sept. 7

#1 Chicken nuggets w/whipped potatoes

#2 Fish sandwich

#3 Warrior:
 Buffalo chicken or 4 Meat Italian Pizza w/ chips

Peas

Monday, Sept. 10

#1 Popcorn chicken w/dinner roll

#2 Hot turkey, bacon cheese sandwich

#3 Warrior:
 Hot n' spicy chicken sandwich w/chips

Broccoli

Tuesday, Sept. 11

#1 Cheeseburger on roll w/french fries

#3 Warrior:
 Sriracha boneless chicken wings w/ pierogies and chips

Roasted Brussel sprouts

Wednesday, Sept. 12

#1 Chicken fries w/dinner roll

#2 Noodle bowl with Asian veggies, dinner roll

#3 Warrior:
 Double cheeseburger w/chips

California blend

Thursday, Sept. 13

#1 & #2
 Turkey Mashed potato Bowl with biscuit

#3 Warrior:
 Buffalo chicken or 4 Meat Italian Pizza w/chips

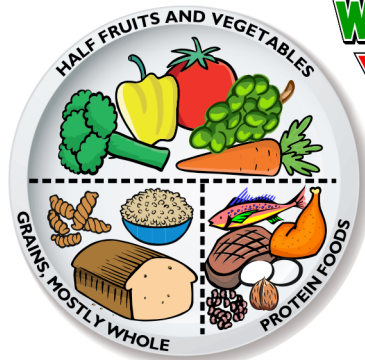
Corn, cookie

Friday, Sept. 14

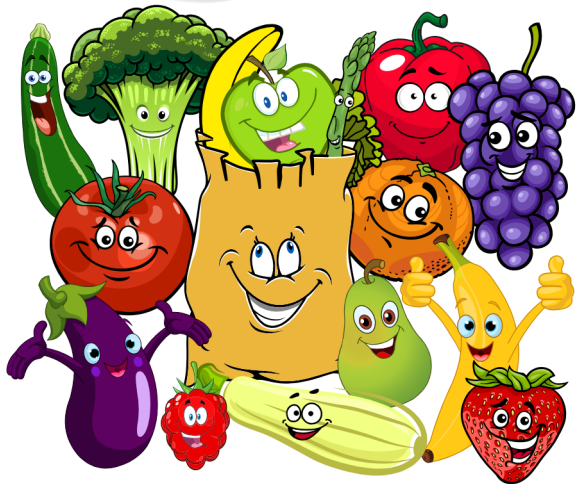
#1 Big Daddy's Pizza

#3 Warrior:
 Create your own Burrito bowl w/ bag of scoops

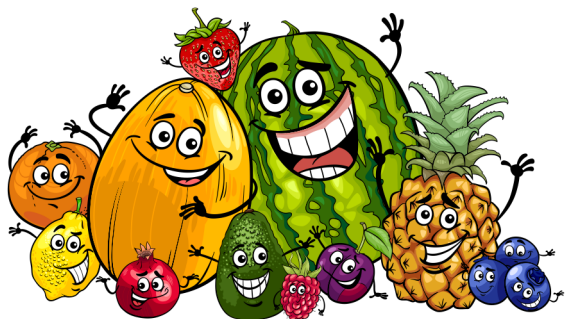
Fiesta beans and Southwest Rice



What's on YOUR plate?



Try to eat a **RAINBOW** of different colors!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, Sept. 17	Tuesday, Sept. 18	Wednesday, Sept. 19	Thursday, Sept. 20	Friday, Sept. 21
#1 Ham n' cheese on pretzel roll w/tomato soup	#1 Walking Taco w/roll, fixin's bar	#1 Chicken nuggets, whipped potatoes and dinner roll	#1 Popcorn chicken w/ dinner roll	#1 Pork BBQ Sandwich
#2 Pizza stix w/dipping sauce	#2 Three cheese calzone	#2 Tangerine Chicken w/rice and Asian veggies	#2 Warrior: Buffalo Chicken or 4 Meat Italian pizza w/chips	#3 Warrior: SUBWAY FRIDAY Variety of Subs w/bag of Herr's chips
#3 Warrior: Crispy Chicken sandwich w/chips	#3 Warrior: Chicken tenders w/French fries NO CHIPS	#3 Warrior: Hot n' spicy chicken sandwich w/ chips	#3 Warrior: Buffalo Chicken or 4 Meat Italian pizza w/chips	Corn
Roasted cauliflower	Vegetarian chili	Broccoli, cookie	Steamed peas	
Monday, Sept. 24	Tuesday, Sept. 25	Wednesday, Sept. 26	Thursday, Sept. 27	Friday, Sept. 28
#1 Popcorn chicken w/ dinner roll	#1 French toast stix w/sausage and potato	#1 Chicken burger w/ side of mac n' cheese	#1 Turkey Mashed Potato Bowl w/ biscuit	#1 Big Daddy's Pizza
#2 Pizza cheese crunchers	#3 Warrior: Sriracha boneless chicken wing sandwich w/chips	#3 Warrior: Grilled chicken club w/ chips	#3 Warrior: Buffalo chicken or 4 Meat Italian Pizza	#3 Warrior: Create your own Burrito bowl w/ bag of scoops
#3 Warrior: Double cheeseburger w/ chips				
Broccoli	Carrot sticks	Peas and carrots	Corn	Fiesta beans and Southwest Rice

We are pleased to provide **FREE AND REDUCED-PRICE MEALS**

for all students who qualify. It's simple to apply and we accept applications all year.

Learn more at www.warwicksd.org



SEPTEMBER BIRTHDAYS

- Beyonce (37) -- Sept. 4
- Richard Wright -- Sept. 4
- Childish Gambino (35) -- Sept. 25
- Serena Williams (37) -- Sept. 26
- George Gershwin -- Sept. 26
- Halsey (24) -- Sept. 29



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!