

Milor High

	1 Chicken Enchiladas w/Rice	2 Chicken Gumbo W/Steamed Rice	3 Beef Chili Cheese Dog	4 Cheesy Nachos
7 Beef Walking Tacos	8 Chicken & Waffles	9 Beef Meatball Grinder w/Marinara Sauce & Mozzarella	10 Red Turkey Pozole w/Tortilla Chips	11 Grilled Cheese
14 Cheesy Pull-A-Part w/Marinara	15 Chicken Fettuccine Alfredo w/ Broccoli & Garlic Bread	16 Ham & Cheese Grinder w/ Lettuce & Tomatoes	17 General Tso's Chicken Wings w/Mac & Cheese	18 Tuna Grinder
21 Chili Verde Fries w/Roll	22 Albondigas Soup w/Tortilla Chips	23 Kung Pao Chicken w/Chow Mein Noodles	24 Beef Enchiladas w/Rice	25 Bean & Cheese Pupusas w/Curtido
28 BBQ Pork Rib Grinder w/Pickles	29 Spicy Chicken Quesadilla	30 Beef Italian Bake w/Roll	Daily Milk Choices: 1% White Milk Nonfat Chocolate Milk	

High School Daily Lunch Entrée Choices:

- ❖ Orange Chicken w/Seasonal Vegetables & Rice
- ❖ Teriyaki Chicken w/Seasonal Vegetables & Rice
- ❖ Buzz Burger (Tue. / Thu. only)
- ❖ Spicy Chicken Sandwich
- ❖ Yogurt Parfait w/Fruit & Granola

Daily Choices:

- ❖ Seasonal Fresh Fruit Options
- ❖ Frozen Fruit Cups (Tues. / Thurs.)
- ❖ Cool Tropics Variety (Mon. / Fri.)
- ❖ BBQ Beans
- ❖ Garden Salad
- ❖ Seasoned Potato Wedges
- ❖ Baby Carrots

Homemade Ranch Dressing | Ketchup | Mustard | Mayonnaise | Soy Sauce | Tapatio Sauce | Tajin

All grains are whole-grain rich. Students must select a ½ cup of fruit and or a ½ cup of vegetables with their meal. Meals are offered with non-fat chocolate milk or 1% white milk.



Marketplace:

Monday: Protein Box

Tuesday: Spicy Chicken Salad w/Tapatío Ranch Dressing

Wednesday: Crunchy Chicken Wrap

Thursday: Chef Salad

Friday: Taco Salad

This institution is an equal opportunity provider.

