

# Milor High

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

