

Lunch – free and includes milk  
 Single Milk: \$0.60  
 Milk cost extra for home lunches  
 or second milks



## HIGH SCHOOL GF MENU

Shakopee Nutrition Services is located at  
 1200 Town Square, Shakopee, 55379  
 Hours: 7:00 am – 3: pm  
 Deb- 496-5140 or Carol 496-5141

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHICKEN PATTY</b> Baked Chicken Patty GF GF Bun Crinkle Cut Fries Baked Beans Fruit	<b>ITALIAN DUNKERS</b> GF Bread 2 slices – Meat Sauce Monterey Jack Cheese Garden Salad F Fruit	<b>CORN DOG</b> GF Corn Dog Crinkle Cut Fries Baked Beans Fruit	<b>CHICKEN CARNITA TACOS</b> Carnita Chicken GF Shell Cilantro Rice Corn and Fixings Fruit	<b>MAC AND CHEESE</b> GF Cheese Sauce GF Pasta Little Smokie Dogs Sweet Peas Fruit and GF Bread - 1 slice
<b>CHICKEN TENDERS</b> GF Chicken Tenders GF Bread Sweet Peas Fruit	<b>MINI CHEESEBURGER</b> SUB Beef Patty GF Bun GF Fries Baked Beans Fruit	<b>PASTA ALFREDO</b> GF Pasta Alfredo Sauce Chicken Strips GF Bread Salad and Fruit	<b>BEEF RIB SUB</b> Beef Patty GF Bun Crinkle Cut Fries Green Beans Fruit	<b>QUESADILLA</b> 2 corn tortillas Monterey jack cheese Refried Beans Corn Fruit
<b>BEEF NACHOS</b> Corn Chips Beef and Cheese Corn Fruit Fixings	<b>EMPANADA</b> GF Taco Seasoned Chicken Strips GF Tortilla Chips or Tortilla Fixings Garden Salad Fruit	<b>ORANGE CHICEN SUB</b> Chicken Strips GF Brown Rice Roasted Broccoli Fruit GF Bread 1 slice	<b>PORK CHOP SUB</b> GF Chicken Breast Mashed Potatoes GF Bread - 2 Cole Slaw Fruit	<b>BREADED RAVIOLI SUB</b> 2 String Cheese GF Bread - 2 Marinara Sauce Fruit
<b>SWEET/SOUR CHICKEN SUB</b> Chicken Strips GF Brown Rice Roasted Broccoli Fruit GF Bread 1 slice	<b>GYRO SUB</b> Ground Beef GF Tortilla Tzatziki Sauce Fresh Veggies Fruit	<b>TACO IN A BAG</b> Taco Meat and Shred Cheese Taco in Bag Chips - GF Corn Fruit	<b>HAMBURGER ON BUN</b> Beef Patty GF Bun Crinkle Cut Fries Baked Beans Fruit	<b>CHICKEN PATTY</b> Baked Chicken Patty GF GF Bun Crinkle Cut Fries Baked Beans Fruit
<b>SPAGHETTI</b> GF Pasta Spaghetti Sauce w/meat Caesar Salad no croutons. GF Bread 2 slices Fruit	<b>TURKEY SANDWICH</b> Turkey Sandwich GF Bread Baked Chips GF Baby Carrots Fruit	<b>POPCORN CHICKEN SUB</b> GF Chicken Tenders Mashed Potatoes GF Bread - 2 Corn Fruit	<b>PULLED PORK</b> Pulled Pork on GF Bun GF Fries Cole Slaw Fruit	<b>WILD MIKE'S BITE SUB</b> 2 Corn Tortilla 4 slices Cheese Marinara Sauce Roasted Broccoli Fruit