



Sudan High School Lunch Menu

Fruit and vegetables offered daily.

September
2021

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

MONDAY

TUESDAY

WEDNESDAY ¹

THURSDAY ²

FRIDAY ³

EXTRA INFO

- Classic Cafe** Ham & Tater Tot Bake, Cinnamon Roll
- Diner Station** BBQ Burger, French Fries
- Pizza Station** Cheese Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza
- Grab & Go** Turkey Ranch Wrap
- Sides** Romaine Salad, Celery Sticks, Canned Fruit, **Rice Krispy Treat**

- Classic Cafe** Sloppy Joe on a Bun, Golden French Fries
- Diner Station** Chicken Patty on Bun, French Fries
- Pizza Station** Cheese Pizza, Pepperoni Pizza, Sausage Pizza
- Grab & Go** Chef Salad
- Sides** Coleslaw, Broccoli Florets, Canned Fruit

- Classic Cafe** Egg Bake, Pancakes w/Strawberry and Syrup
- Diner Station** Corn Dog, Golden French Fries
- Pizza Station** Cheese Pizza, Pepperoni Pizza, Supreme Pizza
- Grab & Go** Buffalo Chicken Wrap
- Sides** Breakfast Potatoes, Baby Carrots, Fruit Variety

Harvest of the Month



Choice of Milk: 1% White or Chocolate
For questions please contact:
Grace Croyle- Food Service Director
gcroyle@sudanisd.net

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6
MONDAY

NO SCHOOL-LABOR DAY!

9
THURSDAY

Classic Roast Turkey & Gravy, Whole Grain Dinner Roll, Mashed Potatoes

Diner Station Hawaiian Ham Sliders, Golden French Fries

Pizza Station Cheese Pizza, Pepperoni Pizza, Sausage Pizza

Grab & Go Crispy Chicken Wrap

Sides Steamed Corn, Broccoli Florets, Fresh Fruit Bar

7
TUESDAY

Classic Cafe Buffalo Chicken Tots, Garlic Toast

Diner Station BBQ Rib Sandwich, French Fries

Pizza Station Cheese Pizza, Pepperoni Pizza, Veggie Pizza

Grab & Go Taco Salad w/Chips

Sides Broccoli Salad, Cherry Tomato, Canned Fruit

10
FRIDAY

Creation Station Taco Bar, Steamed Corn

Diner Station Chicken Tenders w/BBQ, Dinner Roll, French Fries

Pizza Station Cheese Pizza, Pepperoni Pizza, Chicken Alfredo Pizza

Grab & Go Chef Salad

Sides Green Pepper Slices, Cherry Tomato, Fruit Variety

8
WEDNESDAY

Classic Cafe Fiesta Taco Mac, Garlic Toast

Diner Station Pizza Dippers, French Fries

Pizza Station Cheese Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza

Grab & Go Buffalo Chicken Pasta Salad

Sides Roasted Garbanzo Beans, Cucumber Slices, Fresh Fruit Bar, **Churro**

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Classic Italian Meatball Sub, Potato Wedges

Diner Station Crispy Chicken Nuggets, Whole Grain Dinner Roll

Pizza Station Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza

Grab & Go Crispy Chicken Wrap

Sides Baby Carrots, Broccoli Florets, Fresh Fruit Bar

16

THURSDAY

Classic Chicken Alfredo w/Pasta, Garlic Toast

Diner Station Ham & Pepperoni Melt, Golden French Fries

Pizza Station Cheese Pizza, Pepperoni Pizza, Sausage Pizza

Grab & Go Turkey Deli Sandwich

Sides Romaine Salad with Tomato, Broccoli Florets, Canned Fruit Bar

14

TUESDAY

Classic Chicken Fried Rice, Garlic Breadstick

Diner Station Cheeseburger on Bun, Golden French Fries

Pizza Station Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza

Grab & Go Ham Deli Sandwich

Sides Roasted Broccoli, Cucumber Slices, Canned Fruit

17

FRIDAY

Creation Station Build Your Own Sub, Chips

Diner Station Cheeseburger on Bun, Golden French Fries

Pizza Station Cheese Pizza, Pepperoni Pizza, Mac & Cheese Pizza

Grab & Go Crispy Chicken Salad

Sides Baby Carrots, Caesar Salad, Fruit Variety

15

WEDNESDAY

Classic Station Beefy Nachos w/Cheese Sauce, Lettuce, Tomato and Cheese

Diner Station Spicy Chicken Patty on Bun, French Fries

Pizza Station Cheese Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza

Grab & Go Asian Chicken Salad

Sides Spicy Pinto Beans, Baby Carrots, Fresh Fruit Bar, **Ice Cream Cup**

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20

MONDAY

- Creation Station** Wing Bar, Potato Wedges, Garlic Breadstick
- Diner Station** Spicy Chicken Patty on Bun, French Fries
- Pizza Station** Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza
- Grab & Go** Southwest Chicken Salad
- Sides** Baby Carrots, Celery Sticks, Fresh Fruit Bar

23

THURSDAY

- Classic Station** The "Mac" Flatbread, Kettle Potato Chips
- Diner Station** Crispy Chicken Nuggets, Whole Grain Dinner Roll, Golden French Fries
- Pizza Station** Cheese Pizza, Pepperoni Pizza, Sausage Pizza
- Grab & Go** Chef Salad
- Sides** California Blend Vegetable, Broccoli Florets, Canned Fruit

21

TUESDAY

- Classic Station** Turkey Flatbread, Cucumber Ranch Salad
- Diner Station** Corn Dog, Golden French Fries
- Pizza Station** Cheese Pizza, Pepperoni Pizza, Buffalo Chicken Pizza
- Grab & Go** Buffalo Chicken Wrap
- Sides** Cucumber Ranch Salad, Celery Sticks, Canned Fruit

24

FRIDAY

- Creation Station** Nacho Bar, Corn
- Diner Station** Spicy Chicken Patty on Bun, French Fries
- Pizza Station** Cheese Pizza, Pepperoni Pizza, Supreme Pizza
- Grab & Go** Buffalo Chicken Salad
- Sides** Garden Salad, Cucumber Slices, Fruit Variety

22

WEDNESDAY

- Classic** Tex Mex Bowl, Mexican Brown Rice
- Diner Station** Cheeseburger on Bun, Golden French Fries
- Pizza Station** Cheese Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza
- Grab & Go** Crispy Chicken Salad
- Sides** Black Beans, Baby Carrots, Fresh Fruit Bar, **Birthday Cake**

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Classic Popcorn Chicken Bowl, Biscuit

Diner Station Salisbury Steak Sandwich,
French Fries

Pizza Station Cheese Pizza, Pepperoni Pizza, BBQ
Chicken Pizza

Grab & Go Chef Salad

Sides Cheesy Mashed Potatoes,
Cucumber Slices, Fresh Fruit Bar

30

THURSDAY

Classic Station **Hometown Favorite**, Western
Burger, Kettle Potato Chips

Diner Station Chicken Patty on Bun, French
Fries

Pizza Station Cheese Pizza, Pepperoni
Pizza, Sausage Pizza

Grab & Go Taco Salad w/Chips

Sides Caesar Salad, Cucumber Slices,
Fresh Fruit Bar

28

TUESDAY

Classic Italian Pasta Bake, Garlic
Breadstick

Diner Station Chicken Nuggets, Dinner Roll,
French Fries

Pizza Station Cheese Pizza, Pepperoni Pizza,
Buffalo Chicken Pizza

Grab & Go Turkey BLT Salad

Sides Italian Tossed Salad, Cucumber
Slices, Fresh Fruit Bar

FRIDAY

29

WEDNESDAY

Classic Roast Pork & Gravy, Whole
Grain Dinner Roll

Diner Station Hot Ham & Cheese Sandwich,
French Fries

Pizza Station Cheese Pizza, Pepperoni Pizza,
Chicken Bacon Ranch Pizza

Grab & Go Chef Salad

Sides Mashed Potatoes, Baby Carrots,
Canned Fruit, **Cookie**

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