

**LUNCH**

Lunch: \$2.50  
Reduced: \$0.40

# SEPTEMBER 2020

General McLane High School

Choice of 3 Meal options daily

Meals include: Entrée,

Vegetable, Fruit, Milk:

Main Entrée Meal

Smuckers Meal

Salad Meal – Caesar Salad offered M/W/F. Chef Salad offered Tu/Th  
\*\*ORDER MUST BE ORDERED AHEAD ON THE SCHOOL CAFÉ APP

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

\*Menu subject to availability and there may be substitutions\*



**1**  
Italian Dunkers  
Marinara Sauce  
Chef's Choice Veggie  
Fruit Cup

**2**  
Chicken Patty on Whole  
Wheat Bun  
Fries  
Chef's Choice Veggie  
Fruit Cup

**3**  
Walking Tacos  
Fruit Churros  
Fruit & Veggie

**4**  
PIZZA for ALL  
Side Salad  
Fresh Fruit  
Cookie

**8**  
Cheeseburger on Bun  
Toppings  
Fries  
Fruit & Veggie

**9**  
Chicken Tenders  
w/BBQ Sauce  
Soft Pretzel  
w/ cheese sauce  
Fruit & Veggie

**10**  
Deli Meat on a Pretzel Bun  
Chef's Choice Veggie  
Fries  
Apple Slices

**11**  
3 Cheese Calzone  
w/ Marinara Sauce  
Side Salad  
Fruit Cup  
Cookie

**14**  
Asian Chicken  
Soft Pretzel  
Side Salad  
Side Kicks Fruit Cup  
*\*Available for Cyber P/U ONLY*

**15**  
Italian Dunkers  
Marinara Sauce  
Chef's Choice Veggie  
Fruit Cup

**16**  
Chicken Patty on Whole  
Wheat Bun  
Fries  
Chef's Choice Veggie  
Fruit Cup

**17**  
Walking Tacos  
Fruit Churros  
Fruit & Veggie

**18**  
PIZZA for ALL  
Side Salad  
Fresh Fruit  
Cookie

**21**  
Chicken Strips/Sauce  
Mini Corn Bread Muffin  
French Fries  
Side Salad  
Fresh Fruit  
*\*Available for Cyber P/U ONLY*

**22**  
Cheeseburger on Bun  
Toppings  
Fries  
Fruit & Veggie

**23**  
Chicken Tenders  
w/BBQ Sauce  
Soft Pretzel  
w/ cheese sauce  
Fruit & Veggie

**24**  
Ham & Cheese Pretzel  
Chef's Choice Veggie  
Fries  
Apple Slices

**25**  
3 Cheese Calzone  
w/ Marinara Sauce  
Side Salad  
Fruit Cup  
Cookie

**28**  
Asian Chicken  
Soft Pretzel  
Side Salad  
Side Kicks Fruit Cup  
*\*Available for Cyber P/U ONLY*

**29**  
Italian Dunkers  
Marinara Sauce  
Chef's Choice Veggie  
Fruit Cup

**30**  
Chicken Patty on Whole  
Wheat Bun  
Fries  
Chef's Choice Veggie  
Fruit Cup

Heating Instructions – All food is fully cooked and should be eaten 1-2 days after receiving. Refrigerate until ready to eat. Heat and eat immediately.  
Oven – If in aluminum foil, leave it in foil. Otherwise place in an oven safe tray/container. Heat at 350. 10-15 minutes until Hot.  
Microwave – REMOVE ALUMIMUN FOIL or take out of container. Place on Microwave Safe dish and heat on 30 second intervals until Hot.