

Stoughton High School Lunch Menu

Fruit and veggie bar offers a large variety of fruits and vegetables daily

September
2021



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MONDAY

THURSDAY 2

Creation Pulled Pork Sandwich, Coleslaw

Classic Cafe Variety of Hamburgers, Chicken and Other "Hot Fare"

Pizza Assorted Freshly Baked Pizza by the Slice

Fruit and Veggie Bar Broccoli Florets, Canned Fruit Bar

Viking Grab and Go Crispy Chicken Wrap, Cobb Salad

TUESDAY

FRIDAY 3

Creation Pepperoni and Cheese Calzone, Green Beans

Classic Cafe Variety of Hamburgers, Chicken and Other "Hot Fare"

Pizza Assorted Freshly Baked Pizza by the Slice

Fruit and Veggie Bar Cherry Tomato, Fresh Fruit Bar

Viking Grab and Go Egg Salad Croissant, Turkey BLT Salad

WEDNESDAY 1

Creation Cheese Quesadilla, Refried Beans, Pepper Medley, Spanish Rice

Classic Cafe Variety of Hamburgers, Chicken and Other "Hot Fare"

Pizza Assorted Freshly Baked Pizza by the Slice

Fruit and Veggie Bar Fresh Fruit Bar, Baby Carrots

Viking Grab and Go Turkey Deli Sub Sandwich, Asian Chicken Salad

EXTRA INFO

Harvest of the Month



Free to all students! The USDA has extended their free meal program for school year 20-21! Meal includes at least 3 items of different food groups one must be a fruit or vegetable. All other purchases are ala carte, No ala carte with negative balance.

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6
MONDAY

No School-Labor Day

9
THURSDAY

Creation Italian Pasta Bake, Garlic Breadstick, Leafy Green Salad

Classic Cafe Variety of Hamburgers, Chicken and Other "Hot Fare"

Pizza Assorted Freshly Baked Pizza by the Slice

Fruit and Veggie Bar Cucumber Slices, Canned Fruit Bar

Viking Grab and Go Turkey Deli Sandwich, Cobb Salad

7
TUESDAY

Creation Soft Beef Tacos, Black Beans

Classic Cafe Variety of Hamburgers, Chicken and Other "Hot Fare"

Pizza Pizza by the Slice

Fruit and Veggie Bar Cucumber Slices, Canned Fruit Bar

Viking Grab and Go Ham & Cheese on a Bagel, Chicken Taco Salad

10
FRIDAY

Creation Toasted Cheese Sandwich, Homemade Tomato Soup

Classic Cafe Variety of Hamburgers, Chicken and Other "Hot Fare"

Pizza Assorted Freshly Baked Pizza by the Slice

Fruit and Veggie Bar Green Pepper Slices, Fresh Fruit Bar

Viking Grab and Go Turkey Ham Deli Sub Sandwich, Buffalo Chicken Salad

8
WEDNESDAY

Creation BBQ Chicken Sandwich, Broccoli Salad

Classic Cafe Variety of Hamburgers, Chicken and Other "Hot Fare"

Pizza Assorted Freshly Baked Pizza by the Slice

Fruit and Veggie Bar Baby Carrots, Fresh Fruit Bar

Viking Grab and Go Italian Sub, Autumn Quinoa Lunch Salad

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13

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- Creation** Italian Meatball Sub, Seasoned Ranch Wedges
- Classic Cafe** Variety of Hamburgers, Chicken and Other "Hot Fare"
- Pizza** Assorted Freshly Baked Pizza by the Slice
- Fruit and Veggie Bar** Baby Carrots, Fresh Fruit Bar
- Viking Grab and Go** Chicken Salad Croissant, Turkey BLT Salad

16

THURSDAY

- Creation** Sloppy Joe on a Bun, Baked Beans
- Classic Cafe** Variety of Hamburgers, Chicken and Other "Hot Fare"
- Pizza** Assorted Freshly Baked Pizza by the Slice
- Fruit and Veggie Bar** Dark Green Vegetable, Fruit Choice
- Viking Grab and Go** Buffalo Chicken Fajita Wrap, Chicken Waldorf Salad

14

TUESDAY

- Creation** Chicken Fried Rice, Egg Roll, Roasted Broccoli
- Classic Cafe** Variety of Hamburgers, Chicken and Other "Hot Fare"
- Pizza** Assorted Freshly Baked Pizza by the Slice
- Fruit and Veggie Bar** Asian Coleslaw, Canned Fruit Bar
- Viking Grab and Go** Cold Cut Combo Sub, Fruited Spinach Salad

17

FRIDAY

- Creation** Potato Crusted Fish, Whole Grain Dinner Roll, Green Beans
- Classic Cafe** Variety of Hamburgers, Chicken and Other "Hot Fare"
- Pizza** Assorted Freshly Baked Pizza by the Slice
- Fruit and Veggie Bar** Cucumber Ranch Salad, Fresh Fruit Bar
- Viking Grab and Go** Roast Beef and Cheddar Ciabatta, Turkey BLT Salad

15

WEDNESDAY

- Creation** Beefy Nachos w/Homemade Cheese Sauce, Salsa, Mexican Corn
- Classic Cafe** Variety of Hamburgers, Chicken and Other "Hot Fare"
- Pizza** Assorted Freshly Baked Pizza by the Slice
- Fruit and Veggie Bar** Red Peppers, Fresh Fruit Bar
- Viking Grab and Go** Tuna Salad Sandwich, Chicken Caesar Salad

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20

MONDAY

Creation French Toast Sticks, Sausage Patty, Tri Tater, Warm Cinnamon Apples

Classic Cafe Variety of Hamburgers, Chicken and Other "Hot Fare"

Pizza Assorted Freshly Baked Pizza by the Slice

Fruit and Veggie Bar

Viking Grab and Go Honey Mustard Ham Wrap, Beef Taco Salad

23

THURSDAY

Creation Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable

Classic Cafe Variety of Hamburgers, Chicken and Other "Hot Fare"

Pizza Assorted Freshly Baked Pizza by the Slice

Fruit and Veggie Bar Broccoli Florets

Viking Grab and Go Canned Fruit Bar, Chicken Piccata Ciabatta, Chef Salad

21

TUESDAY

Creation Turkey BLT Flatbread, Golden French Fries

Classic Cafe Variety of Hamburgers, Chicken and Other "Hot Fare"

Pizza Assorted Freshly Baked Pizza by the Slice

Fruit and Veggie Bar Celery Sticks, Canned Fruit Bar

Viking Grab and Go Chicken Caprese Sandwich, Confetti Ham Pasta Salad

24

FRIDAY

Creation Pepperoni and Cheese Bosco Stick, Marinara Sauce, Garden Salad

Classic Cafe Variety of Hamburgers, Chicken and Other "Hot Fare"

Pizza Assorted Freshly Baked Pizza by the Slice

Fruit and Veggie Bar Baby Carrots, Fresh Fruit Bar

Viking Grab and Go Italian Sub, Chicken Caesar Salad

22

WEDNESDAY

Creation Tex Mex Beef Bowl, Spicy Pinto Beans, Pepper Medley

Classic Cafe Variety of Hamburgers, Chicken and Other "Hot Fare"

Pizza Assorted Freshly Baked Pizza by the Slice

Fruit and Veggie Bar Fresh Fruit Bar

Viking Grab and Go Turkey Deli Sub Sandwich, 7 Layer Salad

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27

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- Creation** Popcorn Chicken, Whole Grain Dinner Roll, Cheesy Mashed Potatoes, Steamed Carrots
- Classic Cafe** Variety of Hamburgers, Chicken and Other "Hot Fare"
- Pizza** Assorted Freshly Baked Pizza by the Slice
- Fruit and Veggie Bar** Fresh Fruit Bar
- Viking Grab and Go** Cold Cut Combo Sub, Turkey BLT Salad

30

THURSDAY

- Creation** Philly Flatbread, Caesar Side Salad, Roasted Cauliflower
- Classic Cafe** Variety of Hamburgers, Chicken and Other "Hot Fare"
- Pizza** Assorted Freshly Baked Pizza by the Slice
- Fruit and Veggie Bar** Canned Fruit Bar
- Viking Grab and Go** Turkey BLT Wrap, Hummus & Vegetable Bowl

28

TUESDAY

- Creation** Taco Choice, Refried Beans
- Classic Cafe** Variety of Hamburgers, Chicken and Other "Hot Fare"
- Pizza** Assorted Freshly Baked Pizza by the Slice
- Fruit and Veggie Bar** Cucumber Slices, Canned Fruit Bar
- Viking Grab and Go** Ham Deli Sandwich, Harvest Chicken Salad

1

FRIDAY

- Creation** Macaroni & Cheese, Green Beans
- Classic Cafe** Variety of Hamburgers, Chicken and Other "Hot Fare"
- Pizza** Assorted Freshly Baked Pizza by the Slice
- Fruit and Veggie Bar** Baby Carrots, Fresh Fruit Bar
- Viking Grab and Go** Egg Salad Sandwich, Chef Salad

29

WEDNESDAY

- Creation** Pasta with Meat Sauce, Bread Stick, Garlic & Herb Broccoli
- Classic Cafe** Variety of Hamburgers, Chicken and Other "Hot Fare"
- Pizza** Assorted Freshly Baked Pizza by the Slice
- Fruit and Veggie Bar** Fruit Choice
- Viking Grab and Go** Turkey Ham Deli Sub Sandwich, Buffalo Chicken Pasta Salad

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