

BREAKFAST - consists of: an entrée, fruit, juice and choice of milk. The student must take at least 3 food items from the 4 items offered and 1 must be a fruit or juice to qualify for the meal.

LUNCH - consists of: an entrée, 2 fruits, 2 vegetables, and choice of milk. The student must take at least 3 of the 5 components offered and 1 must be a fruit or vegetable to qualify for meal.

All students are encouraged to take the full meal

We provide free and reduced-priced meals (\$0.30 for breakfast and \$0.40 for lunch) for eligible students. To fill out a free and reduced meal application on-line go to <https://plainfield.familyportal.cloud/> or call your school for details.

PLAINFIELD HIGH SCHOOL

March - May 2024

MENU

Breakfast \$1.80
Lunch \$2.90

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Numbers after each item are the carb count for the item



Menu Subject to Change

RED ROOSTER

Spicy Chicken Sandwich 41
Breaded Chicken Sandwich 40
Chicken Nuggets 14 w/roll 29 - **M, W, F**
Spicy Chicken Tenders 17 w/roll 29 - **T, TH**

M - Corn 16 & Mashed Potatoes 14, Carrot Snax 6
T - Baked Beans 28, Sugar Snap Peas 2
W - Baked Carrots 11, Celery Sticks 1
TH - Broccoli 5, Grape Tomatoes 3
F - Sesame Roasted Green Beans 6, Mashed Potatoes 14, Fresh Vegetable

Choice of Milk

White 11, Chocolate 24, Strawberry 22

CREATE A PLATE

M - French Toast Sticks 56 w/sausage 1
T - Salad Bar w/garlic knot
W - Macaroni & Cheese Bar
TH - Asian Stir Fry w/rice or noodles
F - Pasta Bar w/garlic knot

M - Corn 16, Hash Browns 31, Carrot Snax 6
T - Black Beans 28, Sugar Snap Peas 2
W - Baked Carrots 11, Celery Sticks 1
TH - Broccoli 5, Grape Tomatoes 3
F - Sesame Roasted Green Beans 6, Fresh Vegetable

Choice of Milk

White 11, Chocolate 24, Strawberry 22

FIESTA FARE

Taco Salad 35
Soft Taco 27 w/ chips 29 & salsa 4
Nachos and Cheese 34
Walking Taco 33

M - Corn 16, Carrot Snax 6
T - Refried Beans 11, Sugar Snap Peas 2
W - Baked Carrots 11, Celery Sticks 1
TH - Broccoli 5, Grape Tomatoes 3
F - Sesame Roasted Green Beans 6, Fresh Vegetable

Choice of Milk

White 11, Chocolate 24, Strawberry 22

QUAKER PIZZERIA

M - 4 x 6 Pizza 27
T - Big Daddy's Pizza Slice 43
W - Cheese Filled Breadsticks 30
TH - Big Daddy's Pizza Slice 43
F - BBQ Chicken 43 or Chicken Bacon Ranch Flatbread 34

M - Corn 16, Carrot Snax 5
T - Baked Beans 28, Sugar Snap Peas 2
W - Baked Carrots 11, Celery Sticks 1
TH - Broccoli 5, Grape Tomatoes 3
F - Sesame Roasted Green Beans 6, Fresh Vegetable

Choice of Milk

White 11, Chocolate 24, Strawberry 22

THE QUAKER SPECIAL

Hamburger 27 or Cheeseburger 28

M - Tenderloin Sandwich 44
T - Corn Dog 27
W - Fish Sandwich 52
TH - Meatball Sub
F - Hot Ham & Cheese Sandwich 31

M - Corn 16, Carrot Snax 5
T - Baked Beans 28, Sugar Snap Peas 2
W - Baked Carrots 11, Celery Sticks 1
TH - Broccoli 5, Grape Tomatoes 3
F - Sesame Roasted Green Beans 6, Fresh Vegetable

French Fries served daily as a side with a meal 16

Choice of Milk

White 11, Chocolate 24, Strawberry 22

GRAB N GO

Soft Pretzel 60 w/Cheese 8
Italian Sub Sandwich 44 /Chips 19
PB & Jelly Uncrustable 64/Chips 19
Chefs Salad 37
Spicy Chicken Wrap 41/Chips 19
BLT Sandwich 34

M - Corn 16, Carrot Snax 5
T - Baked Beans 28, Sugar Snap Peas 2
W - Baked Carrots 11, Celery Sticks 1
TH - Broccoli 5, Grape Tomatoes 3
F - Sesame Roasted Green Beans 6, Fresh Vegetable

Choice of Milk

White 11, Chocolate 24, Strawberry

Chilled and Fresh Fruit Served Daily For Lunch

M - Banana 27, Juicy Juice 15
T - Peaches 14, Strawberries 6
W - Mandarin Oranges 13, Mixed Fruit 14
TH - Pineapple Tidbits 15, Kiwi 10
F - Applesauce 14, Fresh Fruit

Feb. 26-March 1	March 4-8
March 11-15	March 18-22
March 25-28	April 9-12
April 15-19	April 22-26
April 29 - May 3	May 6-10
May 13-17	May 20-21 Chef's Choice

School Lunch



BREAKFAST

Served Daily: 7:30 am - 8:05 am

Mon. Ham & Cheese Croissant 30
Tues. Chicken Biscuit 36
Wed. Breakfast Burrito 16
Thurs. Pancakes 41
Fri. Cinni Mini 40

Served Daily
Chilled or Fresh Fruit
100% Juice 15

Available everyday as a meal:
Cereal 46, Pop-tarts 76, Uncrustable 32
Muffins 60 and Yogurt Parfait w/granola 51

Choice of Milk

White 11, Chocolate 24, Strawberry 22