

What's on the Menu?

September 2023 Orange High School
Breakfast

Monday

Tuesday

Wednesday

Thursday

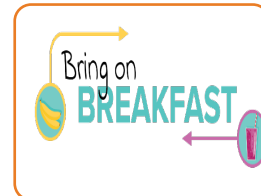
Friday

Alternates Offered Daily

- Assorted Muffins
- Bagels
- Cereal
- Breakfast Bars
- Yogurt
- String Cheese
- Parfaits

Sides

- Sausage Patty/Links
- Turkey Bacon
- Home fries
- Grits
- Strawberries
- Blueberries
- Peaches
- 100% Juice
- Fresh Fruit



7
Crispy White Meat Chicken Breakfast Biscuit Sandwich

Sausage, Egg & Cheese Sandwich

8
Whole Grain Bagel w/ Cream Cheese

Toasty Egg & Cheese Sandwich



11
Maple Burst Mini Pancakes w/ Syrup

Breakfast Quesadilla w/ Turkey Ham

12
Skewered Turkey Sausage Pancake w/ Syrup
Southern Style Turkey Sausage Biscuit Sandwich

13
Blueberry Bagel w/ Cream Cheese

Breakfast Quesadilla w/ Turkey Ham

14
Breakfast Pizza w/ Turkey Bacon & Scrambled Eggs
Southern Style Turkey Sausage Biscuit Sandwich

15
Toasty Egg & Cheese Breakfast Sandwich
Breakfast Quesadilla w/ Turkey Ham



18
Whole Grain Breakfast Pizza w/ Turkey Sausage

Turkey Bacon, Egg & Cheese Biscuits

19
Turkey Sausage, Egg & Cheese on a Flaky Biscuit

Toasty Egg & Cheese Sandwich

20
Golden Brown Mini Maple Waffles w/ Syrup

Turkey Bacon, Egg & Cheese Biscuits

21
Breakfast Burrito w/ Eggs, Cheese & Turkey Ham

Toasty Egg & Cheese Sandwich

22
Vanilla & Orange Smoothie w/ Graham Crackers

Turkey Bacon, Egg & Cheese Biscuits



25
Cinnamon Glazed French Toast Sticks

Turkey Sausage Biscuit Sandwich

26
Southern Style Turkey Sausage Biscuit Sandwich

Breakfast Bagel Melt

27
Maple Burst Mini Pancakes w/ Syrup

Turkey Sausage Biscuit Sandwich

28
Golden Brown Mini Maple Waffles

Breakfast Bagel Melt

29
Crispy White Meat Chicken Breakfast Sandwich

Turkey Sausage Biscuit Sandwich



All meals served with low fat milk

*This institution is an equal opportunity provider.
Menu subject to change without notice.*

What's on the Menu?

September 2023
Orange High School Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Protein/Protein Substitute
Fruit
Vegetable
Bread/Grain
Choice of milk



Deli
M-Turkey & Cheese
T-Turkey Ham & Cheese
W-Italian Hoagie
Th-Chicken Salad
F-Tuna Salad



Student Choice
Bok Choy
Stir Fry Chicken or Beef
Brown Rice

Bubbly Baked
Macaroni & Cheese
Roasted Vegetables
Dinner Roll
Mozzarella Sticks
Marinara Sauce



Wild Greens
M-Caesar Salad
T-Tuna Salad
W-Chef Salad
Th-Cheese Salad
F-BBQ Chicken Salad

Jumbo Chicken Tenders & Waffles
Green Beans
Baja Rice Bowl
Mexicali Corn

Philly Cheese Steak
Peppers & Onions
Soft Fish Taco
Cilantro Lime Slaw

Mashed Potato & Popcorn Chicken
Cheddar & Corn
Flexitarian Taco Salad
Cilantro Lime Dressing

Student Choice
Chaat House
Delhi Style Curried Chicken or Chickpea Chana Masala, Cauliflower

Carne Asada
Cilantro Lime Rice, Cheddar, Salsa
Swedish Meatballs
Rotini Pasta

All Meals Come Complete with Choice of vegetable, fruit, grain and milk

2Mato
• Cheese Pizza
• Pepperoni
• Turkey Sausage
• Veggie
• Meatlovers

Breakfast For Lunch
French Toast Sticks
Potatoes, Turkey Sausage
Crispy Tenders
Buffalo Cauliflower

Arroz Con Pollo "Chicken & Rice"
Green Beans
Greek Gyro
Tzatziki Sauce

NACHOS!!!
Turkey Taco Meat or Vegetarian Beans
Crispy Corn Chips
Choice of Toppings

Student Choice
Made to Melt
Turkey Reuben or Mozzarella Roasted Vegetable Panini
Creamy Coleslaw

Chinese Style Sweet & Sour Chicken
Brown Rice & Glazed Carrots
The Perfect Sloppy Joe & Parmesan Potatoes



Fresh Grill Offered Daily
• Hamburger
• Cheeseburger
• Chicken Patty

Rotini Pasta with Italian Meat Sauce
Roasted Squash
Eggplant & Zucchini
Shakshuka

Korean Chicken Bibimbap Bowl
Julienne Vegetables
Chimichurri
Chicken Bowl

Homemade Meatloaf
Gravy Mashed Potatoes
Carrots
Savory Chicken Fajitas, Cilantro
Brown Rice

Student Choice
Mac & Cheesyology
Buffalo Chicken or Roasted Tomato Mac & Cheese
Dinner Roll

Smothered Chili
Cheese Dog
Boston Baked Beans
Loaded Denver Egg Bowl & Biscuit



Annette Santiago-
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All meals served with fruit, vegetable and choice of lo-fat milk

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