

# Starpoint High School Lunch Menu

Grade 9-12 \$2.20 Pre-Pay Full or Reduced Lunches Available Weekly, Monthly, or yearly. Please make checks payable to Starpoint CSD.

## June 2019



Menu is subject to change.

Breakfast Available Daily: Please make breakfast a mandatory part of your day. If you are approved for a Free or Reduced Lunch; you are automatically approved for Breakfast




### Lunch Fact

My Plate

Recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great, but are good for you, too.

Reference: USDA. MyPlate.gov. Internet:

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| <p>3</p> <p><b>Meatball Sub</b><br/>4ea<br/>(Meatballs, Sauce, &amp; Mozz. Cheese)</p> <p>-----</p> <p>Cauliflower<br/>Broccoli<br/>Fresh or Prepared Fruit</p>                        | <p>4</p> <p><b>Nacho Grande</b><br/>w/ Taco Meat,<br/>Chips 2 oz., &amp; Cheese</p> <p>-----</p> <p>Carrots 3/4c<br/>Vegetarian Beans<br/>Fresh or Prepared Fruit</p> | <p>5</p> <p><b>Spaghetti</b><br/>w/ Sauce<br/>&amp; Meatballs</p> <p>-----</p> <p>Green Beans<br/>1 c. Romaine = 1/2c<br/>Fresh or Prepared Fruit</p>  | <p>6</p> <p><b>Hot Turkey</b><br/>Sandwich 2 sl<br/>w/ Gravy</p> <p>-----</p> <p>Peas 1/2c<br/>Mashed Potatoes 1/2c<br/>Fresh or Prepared Fruit</p> | <p>7</p> <p><b>Grilled Cheese</b><br/>Sandwich<br/>w/ Tomato Soup</p> <p>-----</p> <p>Broccoli<br/>Carrots 3/4c<br/>Fresh or Prepared Fruit</p>  |
| <p>10</p> <p><b>Bosco Sticks</b> 2 ea<br/>w/ Marinara Sauce<br/>(Breadsticks filled<br/>w/ Mozz. Cheese)</p> <p>-----</p> <p>Broccoli<br/>Carrots 3/4c<br/>Fresh or Prepared Fruit</p> | <p>11</p> <p><b>Taco on</b><br/>Soft Shell 8"<br/>w/ Seasoned Rice<br/>1/2c</p> <p>-----</p> <p>Corn<br/>Vegetarian Beans<br/>Fresh or Prepared Fruit</p>             | <p>12</p> <p><b>Build a Burger</b><br/>on Roll<br/>(Cheese, Lettuce,<br/>Tomato, Onions, Pickles)<br/>w/ Garlic Pasta 1/2c</p> <p>-----</p> <p>Broccoli<br/>Carrots 3/4c<br/>Fresh or Prepared Fruit</p> | <p>13</p> <p><b>Breaded</b><br/>Pork Chop<br/>w/ Gravy<br/>&amp; Biscuit</p> <p>-----</p> <p>Peas<br/>Green Beans<br/>Fresh or Prepared Fruit</p>   | <p>14</p> <p><b>EXAMS</b><br/><br/><b>BEGIN</b></p>  |
| <p>Con"grad"ulations Graduates!!</p>    |   |  |   |  |
| <p><b>Food Service Subs</b><br/>needed in all our<br/>*** Kitchens ***<br/>APPLICATIONS IN HIGH<br/>SCHOOL CAFETERIA<br/>OFFICE or<br/>Call 716-210-<br/>2381<br/>For Details</p>      |   |  |   | <p><b>MY SCHOOL BUCKS</b> Visit<br/><a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a><br/>to set up a lunch account<br/>to monitor and apply<br/>money to your child's<br/>account throughout the<br/>school year</p> |

### Offered daily

#### With all School Lunches:

Fresh Fruit (served by the piece = 1/2c)  
& Prepared Fruit (served by the 1/2c portion)  
Vegetables (served by the 1/2c portion unless  
otherwise noted)  
(Must take 1/2 cup of Fruit or Vegetable)  
(May take 1 cup)

Non or Low Fat White or  
Non Fat Chocolate Milk available daily

#### We serve the following Entrees Daily:

Grab n Go Meal  
Triple decker PBJ (2M - 2G)  
Made to order Subs and Wraps  
with all the toppings (2M - 2G)  
Julienne Shaker Salad w/ Roll (2M - 2G)  
Cheese/Pepperoni or Specialty Pizza (2M - 2G)

#### Start with a:

- Vegetable
- Fruit (or take both)
- Choose whole grains
- Pick a lean protein
- Add serving of milk

**Take at least 3**  
(One being a fruit or vegetable)