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*There is a fee for on-line deposits.

Haverford School District High School Lunch Menu September 2018 to January 2019

Meal Prices	
Paid Breakfast	\$1.75
Reduced Breakfast	\$.30
Paid Lunch	\$3.25
Reduced Lunch	\$.40

* May contain pork

MILK IS AVAILABLE WITH ALL MEALS 1% White, Skim, Low-fat Chocolate & Low-fat Strawberry - Available Daily: Raisins, Craisins every MWF

Weeks Of:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1 9/10,10/22,12/3 1/21	Chicken Fritter Sandwich Meatball Hoagie	*Hot Dog on a Bun BBQ Chicken Sandwich	Chicken Cheese Steak Hoagie Dutch Waffle/*Sausage	Chicken Tenders/ Roll Grilled Cheese Sandwich	Pasta w/Meat sauce Buffalo Chicken Sandwich	
	Oven Baked Fries Baby Carrots/Dip Lettuce/Tomato Juice, Fresh or Chilled Fruit	Baked Beans Sweet Corn Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Sweet Pot. Fries Red & Green Pepper Strips/Dip Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Tomato Soup Oven Baked Fries Caesar Salad Juice, Fresh or Chilled Fruit	Fresh Leafy Green Salad Veggie Boat Lettuce/Tomato Juice, Fresh or Chilled Fruit	
WEEK 2 9/17,10/22,12/1 1/28,	Chicken & Mini Waffles BBQ *Rib Sandwich on a Bun	Beef Nachos w/ Salsa Chicken Burrito	Macaroni & Cheese/Roll *BBQ Pork Sandwich	Chic. Parm Sandwich Sweet and Sour Chicken	Sloppy Joe on Bun Mozzarella Sticks w/ Sauce	
	Steamed Carrots Oven Baked French Fries Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Pinto Beans Veggie Boat Lettuce/Tomato Juice, Fresh or Chilled Fruit	Steamed Broccoli Fresh Leafy Green Salad Beet Salad Juice, Fresh or Chilled Fruit	Oriental Vegetables Baby Carrots/Dip Caesar Salad Juice, Fresh or Chilled Fruit	Pasta Salad Veggie Boat Spinach & Tomato Salad Juice, Fresh or Chilled Fruit	
WEEK 3 9/24,11/5,12/17	Steakhouse Burger *Italian Stromboli	Two Hard Beef Tacos BBQ Chicken & Cheddar Sandwich	Cheese Steak Hoagie Corn Dog	Oriental Popcorn Chicken with Rice BBQ Cheeseburger on a Bun	*Baked Potato Bar Grilled Cheese Sandwich	
	Green Beans Italian Bean & Tomato Salad Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Refried Beans & Salsa Veggie Boat Lettuce/Tomato Juice, Fresh or Chilled Fruit	Oven Baked French Fries Baby Carrots/Dip Caesar Salad Juice, Fresh or Chilled Fruit	Steamed Brussels Sprouts Broccoli & Dip Lettuce/Tomato Juice, Fresh or Chilled Fruit	Tomato Salad Bagged Carrots Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	
WEEK 4 10/4,11/12,1/1	*Ham & Cheese Panini BBQ *Pulled Pork on a Bun	Taco Salad Meatball Parmesan	Mushroom Cheese Steak Cheesy Bread Sticks w/Sauce	Chicken Fritter Sandwich Sausage and Pepper Sandwich	Chicken Tender Bar French Dip Sandwich	
	Oven Baked French Fries Steamed Peas Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Black Beans & Salsa Steamed Broccoli Caesar Salad Juice, Fresh or Chilled Fruit	Round Roasted Potatoes Kale Salad Veggie Boat Juice, Fresh or Chilled Fruit	Steamed Cauliflower Baked Beans Lettuce/Tomato Juice, Fresh or Chilled Fruit	Tater Tots Steamed Edamame Veggie Boat Juice, Fresh or Chilled Fruit	
WEEK 5 10/8,11/19,1/7	Honey BBQ Chicken Tenders Cheese Burger	Beef Nachos *Italian Hoagie/Sun Chips	Turkey&Gravy w/Biscuit *BBQ Rib Sandwich	Macaroni & Cheese/Roll Buffalo Chicken Pizza	Grilled Cheese Sandwich Turkey & Cheese on a Bun	
	Oven Baked French Fries Broccoli Florets w/Dip Caesar Salad Juice, Fresh or Chilled Fruit	Pinto Beans & Salsa Kale & Grape Tomato Salad Lettuce/Tomato Juice, Fresh or Chilled Fruit	Mashed Potatoes Steamed Carrots Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Steamed Brussels Sprouts Celery Sticks/Dip Baby Carrots Juice, Fresh or Chilled Fruit	Tomato Soup Veggie Boat Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	
WEEK 6 10/15,11/26,1/1	Chicken Fajita/Salsa Chic. Parm. Sandwich	Beef Burrito French Toast Sticks & *Sausage	3 Cheese Calzone/Sauce Buffalo Chicken Cheese-Steak Hoagie	General Tso Chicken with Rice Vegetable Lo Mein	Chicken Salad on a Croissant *Hot Roast Pork Sandwich	
	Green Beans Carrot Sticks with Dip Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Refried Beans & Salsa Veggie Boat Lettuce/Tomato Juice, Fresh or Chilled Fruit	Oven Baked French Fries Caesar Salad Beet Salad Juice, Fresh or Chilled Fruit	Oriental Vegetables Roasted Garbonzo Beans Lettuce/Tomato Juice, Fresh or Chilled Fruit	Oven Baked French Fries Cucumber Slices w/Dip Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	
THE ITEMS BELOW ARE AVAILABLE EACH WEEK						
Weekly Specials	Hot Deli	Cheeseburger on a Bun	Cheese Steak Hoagie	Cheeseburger on a Bun	Cheese Steak Hoagie	Cheeseburger on a Bun
		Chicken Tenders/ Dinner Roll	Chicken Tenders/ Dinner Roll	Chicken Tenders/ Dinner Roll	Chicken Tenders/ Dinner Roll	Chicken Tenders/ Dinner Roll
	*Assorted	Grab & Go Salads, Wraps	Grab & Go Salads, Wraps	Grab & Go Salads, Wraps	Grab & Go Salads, Wraps	Grab & Go Salads, Wraps
	*Assorted	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	*Italian	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas

*Breakfast available daily in cafeteria

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