



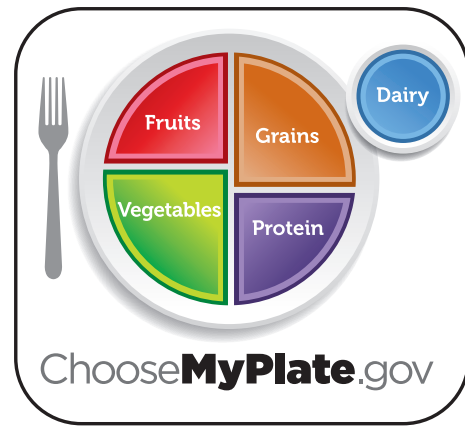
Breakfast \$ 1.10
 Visitor/Adult \$1.50
 Preschool \$1.50
 Ala carte Milk \$.30

SECONDARY MENU 2013-14

GRADES 7-12

Menus Subject to Change

Lunch \$2.00
 Visitor/Adult \$3.00
 Preschool \$3.00
 Ala carte Milk \$.30



Month	M	T	W	T	F	Month	M	T	W	T	F	Month	M	T	W	T	F	Month	M	T	W	T	F	Month	M	T	W	T	F	Month	M	T	W	T	F	Month	M	T	W	T	F													
August	5	6	7	8	9	September	2	3	4	5	6	October	1	2	3	4	November	1	December	2	3	4	5	6	January	1	2	3	February	3	4	5	6	7	March	3	4	5	6	7	April	1	2	3	4	May	1	2	June	2	3	4	5	6
	12	13	14	15	16		9	10	11	12	13		7	8	9	10	11		4	5	6	7	8		6	7	8	9	10		10	11	12	13	14		7	8	9	10	11		5	6	7	8	9		9	10	11	12	13	
	19	20	21	22	23		16	17	18	19	20		14	15	16	17	18		11	12	13	14	15		13	14	15	16	17		17	18	19	20	21		14	15	16	17	18		12	13	14	15	16		16	17	18	19	20	
	26	27	28	29	30		23	24	25	26	27		21	22	23	24	25		18	19	20	21	22		20	21	22	23	24		17	18	19	20	21		21	22	23	24	25		19	20	21	22	23		23	24	25	26	27	
							30						28	29	30	31		25	26	27	28	29		27	28	29	30	31		24	25	26	27	28		28	29	30		26	27	28	29	30		30								

MONDAY

Cheese or Pepperoni Pizza
 Crispy Chicken Salad
 Hamburger
 Chicken Bites

TUESDAY

Cheese or Pepperoni Pizza
 Oriental Chicken Salad
 Turkey/Ham & Cheese Sandwich
 Beef & Bean Soft Shell Taco

WEDNESDAY

Cheese or Pepperoni Pizza
 Southwest Chicken Salad
 Chicken Patty Sandwich
 Mozz Breadsticks

THURSDAY

Cheese or Pepperoni Pizza
 Chef Salad
 Corndog
 Hawaiian Haystack

FRIDAY

Cheese or Pepperoni Pizza
 Crispy Chicken Salad
 Chicken Breast Sandwich
 Sichuan Chicken

Cheese or Pepperoni Pizza
 Crispy Chicken Salad
 Hamburger
 Orange Chicken

Cheese or Pepperoni Pizza
 Oriental Chicken Salad
 Turkey Wrap
 Taco Soup

Cheese or Pepperoni Pizza
 Southwest Chicken Salad
 Chicken Patty Sandwich
 Ravioli

Cheese or Pepperoni Pizza
 Chef Salad
 Rib-a-Que Sandwich
 Pork Cutlet with Potatoes & Gravy

Cheese or Pepperoni Pizza
 Crispy Chicken Salad
 Chicken Patty Sandwich
 French Toast Brunch for Lunch

Cheese or Pepperoni Pizza
 Crispy Chicken Salad
 Hamburger
 Chicken Tenders

Cheese or Pepperoni Pizza
 Oriental Chicken Salad
 Turkey/Ham & Cheese Sandwich
 Beef and Bean Tostada

Cheese or Pepperoni Pizza
 Southwest Chicken Salad
 Chicken Patty Sandwich
 Homemade Chicken Soup

Cheese or Pepperoni Pizza
 Chef Salad
 Corndog
 Turkey with Potatoes & Gravy

Cheese or Pepperoni Pizza
 Crispy Chicken Salad
 Chicken Breast Sandwich
 Egg Roll & Oriental Rice

Cheese or Pepperoni Pizza
 Crispy Chicken Salad
 Hamburger
 Potato Crunch Fish Sticks

Cheese or Pepperoni Pizza
 Oriental Chicken Salad
 Turkey Wrap
 Chicken Fajita

Cheese or Pepperoni Pizza
 Southwest Chicken Salad
 Chicken Patty Sandwich
 Rotini Pasta and Meat Sauce

Cheese or Pepperoni Pizza
 Chef Salad
 Rib-a-Que Sandwich
 Chicken Fried Steak w/ Potatoes & Gravy

Cheese or Pepperoni Pizza
 Crispy Chicken Salad
 Chicken Patty Sandwich
 Teriyaki Chicken

BREAKFAST

CHOICE OF: Breakfast Wrap,
 Pancake/Sausage Stick,
 French Toast Sticks, or
 Assorted Cereal and Hash
 Brown Patty
 CHOICE OF: Fruit & Juice
 CHOICE OF: Milk

Served Everyday: *a variety of *fresh* and canned fruit *a variety of *fresh* and steamed vegetables *a choice of Skim or 1% White Milk or Fat Free Chocolate Milk



Help us educate your children to make healthy meal choices.



Each student must take a fruit or vegetable serving as part of their lunch meal.



Wholegrain Products:
 Nearly all grain-based items in Alpine have moved to wholegrain.



Alpine Nutrition Services does not produce or purchase any products containing peanuts or tree nuts. Please see your school manager or contact Nutrition Services with any questions 801-610-8031.



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Phone: 877-237-0946

Make online meal payments, set up alerts and monitor your student's balance for FREE at www.mypaymentsplus.com



For 9th Graders: Nutritional Requirements have increased for these students. A black plate will be provided to identify 9th graders for additional serving sizes. Line operators will confirm grade level at the computer.