


# September 2019

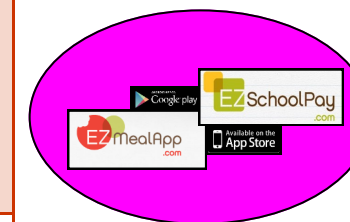
# Walker High School Lunch Menu



Food and Nutrition Services

We're setting the table for student achievement!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p>	<p>4</p> <ul style="list-style-type: none"> <li>Corndog</li> <li>Turkey &amp; Cheese Hoagie</li> <li>Turkey-Ham &amp; Cheese Hoagie</li> <li>Breaded Chicken Salad &amp; Roll</li> <li>Apples</li> <li>Peaches</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Chilled Peas</li> <li>Milk 1% Lowfat</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>Cheeseburger</li> <li>Turkey &amp; Cheese Sandwich</li> <li>Turkey-Ham &amp; Cheese Sandwich</li> <li>Chicken Caesar Salad &amp; Roll</li> <li>Oranges</li> <li>Mixed Fruit</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Vegetarian Beans</li> <li>Milk 1% Low fat</li> <li>Chocolate Milk Nonfat</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>Spicy Chicken Sandwich</li> <li>Turkey &amp; Cheese Hoagie</li> <li>Turkey-Ham &amp; Cheese Hoagie</li> <li>Breaded Chicken Salad &amp; Roll</li> <li>Apples</li> <li>Diced Pears</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Black Beans</li> <li>Milk 1% Low fat</li> <li>Chocolate Milk Nonfat</li> </ul>
<p>9</p> <ul style="list-style-type: none"> <li>Sloppy Joe</li> <li>Turkey &amp; Cheese Hoagie</li> <li>Turkey-Ham &amp; Cheese Hoagie</li> <li>Breaded Chicken Salad &amp; Roll</li> <li>Apples</li> <li>Peaches</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Chilled Peas</li> <li>Milk 1% Low fat</li> <li>Chocolate Milk Nonfat</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Turkey &amp; Cheese Wrap</li> <li>Turkey-Ham &amp; Cheese Wrap</li> <li>Chicken Caesar Salad &amp; Roll</li> <li>Fair Scone</li> <li>Strawberries</li> <li>Chilled Applesauce</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Green Beans</li> <li>Milk 1% Low fat</li> <li>Chocolate Milk Nonfat</li> </ul>	<p>11</p> 	<p>12</p> <ul style="list-style-type: none"> <li>Beef Teriyaki Dippers w/Rice</li> <li>Turkey &amp; Cheese Sandwich</li> <li>Turkey-Ham &amp; Cheese Sandwich</li> <li>Chicken Caesar Salad &amp; Roll</li> <li>Oranges</li> <li>Mixed Fruit</li> <li>Bakery Treat</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Vegetarian Beans</li> <li>Milk 1% Low fat</li> <li>Chocolate Milk Nonfat</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>Italian Dunkers</li> <li>Turkey &amp; Cheese Hoagie</li> <li>Turkey-Ham &amp; Cheese Hoagie</li> <li>Breaded Chicken Salad &amp; Roll</li> <li>Apples</li> <li>Diced Pears</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Black Beans</li> <li>Milk 1% Low fat</li> <li>Chocolate Milk Nonfat</li> </ul>
<p>16</p> <ul style="list-style-type: none"> <li>Corndog</li> <li>Turkey &amp; Cheese Hoagie</li> <li>Turkey-Ham &amp; Cheese Hoagie</li> <li>Breaded Chicken Salad &amp; Roll</li> <li>Apples</li> <li>Peaches</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Chilled Peas</li> <li>Milk 1% Low fat</li> <li>Chocolate Milk Nonfat</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>Chicken Filet Sandwich</li> <li>Turkey &amp; Cheese Wrap</li> <li>Turkey-Ham &amp; Cheese Wrap</li> <li>Chicken Caesar Salad &amp; Roll</li> <li>Chilled Applesauce</li> <li>Oranges</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Green Beans</li> <li>Milk 1% Lowfat</li> <li>Chocolate Milk Nonfat</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>Super Nachos</li> <li>Popcorn Chicken Wrap</li> <li>Breaded Chicken Salad &amp; Roll</li> <li>Bananas</li> <li>Peaches</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Salad Corn</li> <li>Milk 1% Lowfat</li> <li>Chocolate Milk Nonfat</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>Beef Soft Taco</li> <li>Turkey &amp; Cheese Sandwich</li> <li>Turkey-Ham &amp; Cheese Sandwich</li> <li>Chicken Caesar Salad &amp; Roll</li> <li>Oatmeal Cookie</li> <li>Oranges</li> <li>Mixed Fruit</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Vegetarian Beans</li> <li>Milk 1% Lowfat</li> <li>Chocolate Milk Nonfat</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>~Hawaiian Pizza</li> <li>Turkey &amp; Cheese Hoagie</li> <li>Turkey-Ham &amp; Cheese Hoagie</li> <li>Breaded Chicken Salad &amp; Roll</li> <li>Apples</li> <li>Diced Pears</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Black Beans</li> <li>Milk 1% Low fat</li> <li>Chocolate Milk Nonfat</li> </ul>
<p>23</p> <ul style="list-style-type: none"> <li>BBQ Rib Sandwich</li> <li>Turkey &amp; Cheese Hoagie</li> <li>Turkey-Ham &amp; Cheese Hoagie</li> <li>Breaded Chicken Salad &amp; Roll</li> <li>Apples</li> <li>Peaches</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Chilled Peas</li> <li>Milk 1% Low fat</li> <li>Chocolate Milk Nonfat</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>Chicken Burger</li> <li>Turkey &amp; Cheese Wrap</li> <li>Turkey-Ham &amp; Cheese Wrap</li> <li>Chicken Caesar Salad &amp; Roll</li> <li>Chilled Applesauce</li> <li>Oranges</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Green Beans</li> <li>Milk 1% Lowfat</li> <li>Chocolate Milk Nonfat</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>Chicken Teriyaki w/Rice</li> <li>Popcorn Chicken Wrap</li> <li>Breaded Chicken Salad &amp; Roll</li> <li>Bananas</li> <li>Peaches</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Salad Corn</li> <li>Milk 1% Lowfat</li> <li>Chocolate Milk Nonfat</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>Cheeseburger</li> <li>Turkey &amp; Cheese Sandwich</li> <li>Turkey-Ham &amp; Cheese Sandwich</li> <li>Chicken Caesar Salad &amp; Roll</li> <li>Oranges</li> <li>Mixed Fruit</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Vegetarian Beans</li> <li>Milk 1% Low fat</li> <li>Chocolate Milk Nonfat</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>Spicy Chicken Sandwich</li> <li>Turkey &amp; Cheese Hoagie</li> <li>Turkey-Ham &amp; Cheese Hoagie</li> <li>Breaded Chicken Salad &amp; Roll</li> <li>Apples</li> <li>Diced Pears</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Black Beans</li> <li>Milk 1% Low fat</li> <li>Chocolate Milk Nonfat</li> </ul>
<p>30</p> <ul style="list-style-type: none"> <li>Corndog</li> <li>Turkey &amp; Cheese Hoagie</li> <li>Turkey-Ham &amp; Cheese Hoagie</li> <li>Breaded Chicken Salad &amp; Roll</li> <li>Apples</li> <li>Peaches</li> <li>Baby Carrots</li> <li>Fresh Cauliflower</li> <li>Broccoli Florets</li> <li>Salad Mix</li> <li>Chilled Peas</li> <li>Milk 1% Low fat</li> <li>Chocolate Milk Nonfat</li> </ul>				



Milk \$0.65  
 Reduced Lunch \$0.40  
 Full Lunch \$3.75  
 Adult Lunch \$4.20

Puyallup School District is an equal opportunity provider.

All meals include an entrée option, made with whole grains and complete proteins, healthy fruits & vegetables and a choice of 1% white or nonfat chocolate milk for a complete meal. All meals made with whole grain rich ingredients!

~May contain Pork  
 ^May contain nuts