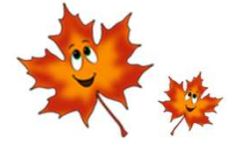




CAESAR RODNEY SCHOOL DISTRICT HIGH SCHOOL LUNCH MENU




My Way Café

September 2021

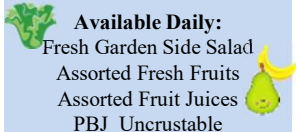
Weekly Specials	Monday	Tuesday	Wednesday	Thursday	Friday
My Way Café Taco Bar Choose from beef, chicken, or pork! 			1 *Oven Fried Chicken with a Roll Mashed Potatoes /gravy Onion Rings	2 *Hot Ham & Cheese on Pretzel Roll Glazed Carrots Brussel Sprouts	3 No School! 
My Way Café Pasta Bar Lots of toppings to choose from!	6 	7 *Sausage, Egg & Cheese Croissant Tater Tots Mixed Vegetables	8 *State Fair Jumbo Corn Dog  Fresh Baby Carrots w/dip Creamed Spinach	9 *Chili Cheese Nachos or *Layered Bean Dip w/Chips Taco Fiesta Beans Fresh Celery Sticks w/dip	10 *Beef Teriyaki with Rice & Eggroll Oriental Blend Veggies Steamed Carrots
My Way Café Hoagie Bar Lots of meats, cheeses and toppings!	13 	14 *BBQ Chicken Drums w/Pretzel Bush's Baked Beans Parsley Butter Potatoes	15 *Spicy Dragon Noodles  Steamed Broccoli Mixed Vegetables	16 *Beef Taco w/Corn Muffin & toppings Mexi-Cali Corn Fresh Baby Carrots w/dip	17 *Mozzarella Sticks w/marinara Glazed Carrots French Fries
My Way Café Rice 米饭 Bowl Build your favorite with many options! 	20 *Italian Sausage & Peppers On a Roll Stewed Tomatoes Onion Rings	21 *Chicken Chunks w/roll or *Veggie Nuggies w/roll  French Fries Green beans	22 *Meatball Sub Steamed Corn Fresh Celery Sticks w/dip	23 *Crispy Fish Sticks w/ Corn Muffin Fresh Baby Carrots w/dip Steamed Broccoli	24 Buffalo Chicken or Beef Cheesesteak Texas Ranchero Beans Fresh Carrot Salad
My Way Café Taco Bar Choose from beef, chicken, or pork! 	27 *BBQ Pulled Pork Sandwich California Blend Veggies Bush's Baked Beans	28 *Buffalo Chicken Mac & Cheese with a Roll Stewed Tomatoes Steamed Spinach	29 World School Milk Day *Oven Fried Chicken with a Roll Mashed Potatoes /gravy Onion Rings	30 *Hot Ham & Cheese on Pretzel Roll Glazed Carrots Brussel Sprouts	World School Milk Day is Sept. 29th 

Menu subject to change without notice

Milk Choices
 1% or Skim White
 Fat Free Chocolate
 Fat Free Strawberry



Available Daily:
 Fresh Garden Side Salad
 Assorted Fresh Fruits
 Assorted Fruit Juices
 PBJ Uncrustable



Pizza – Asst. Varieties
 Chef Salads – Assorted
 Subs/Sandwiches
 Chicken Patty
 Hamburgers/Cheeseburger
 Cheese Quesadillas
 Yogurt Parfaits

All Bread Products Are Whole Grain

Lunch May consist of:
 1 – Entrée Choice (Meat + Grain)
 2 – Vegetable Choices
 2 – Fruit / Juice
 1 – Milk Choice

***USDA requires that a student select at least three items including a vegetable OR a fruit OR Fruit juice.**

