

Menus for September 2022

CURTIS JUNIOR & SENIOR HIGH

This institution is an equal opportunity provider.
Menus are subject to change.

Available Daily

Cheese Pizza

Pepperoni Pizza

Hamburgers or Cheeseburgers

Chicken Burgers

Nachos

Soft Tacos

Chicken or Beef Nuggets

Fresh Fruits & Vegetables

WEEKLY SPECIALS

MONDAY

Pasta Bar

TUESDAY

Teriyaki Chicken or
Sloppy Joe

WEDNESDAY

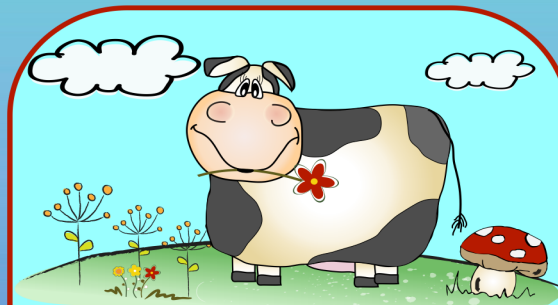
Macaroni & Cheese

THURSDAY

Sweet & Sour Chicken

FRIDAY

Baked Potato Bar or
Chili Dog



Every complete meal we serve comes
with your choice of milk!

NUTRITION TO GO

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

A QUICK BITE FOR TEENS

2022-23 Meal Prices

Breakfast:

Grades K-4 — \$2.00

Grades 5-7 — \$2.25

Grades 8-12 — \$2.50

Lunch:

Grades K-4 — \$3.50

Grades 5-7 — \$3.75

Grades 8-12 — \$4.00

Milk Only — .70 cents

Students who qualify for Free or
Reduced Price Meals:
No Charge for Breakfast & Lunch,
.70 cents for milk ala carte.