

Princeton High School Lunch Cycle Menu



* Note Substitutions are happening daily due to availability of menu items.

Menus are subject to change daily.



Payschools - Prepay online

Supply chains continue to have amny out of stock items and challenges.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch \$2.90	Calories	Sodium mg	Offer vs Serve	Condiment Weight & Carb Counts
Ala Carte Items Available for Additional Cost	K-5 550-650 Day	K-5 ≤ 1230	5 Components offered at lunch	12 FF Ranch 2
Extra Entree \$2.45	6-8 600-700 Day	6-8 ≤ 1360	Students must take 3 of the 5	12 g French 4 12 g BBQ Sauce 5
Snacks \$.50 - 1.00	9-12 750-850 Day	9-12 ≤ 1420	components.	12 g Italian 2 7 g Hot Sauce 0
Cycle 1 Nov 28 - Dec 2			Students must take a fruit or vegetable	5.5 g Mustard 0 7 g Sriracha Sauce 1
Cycle 2 Dec 5 - 9			Students may take both veg choices.	9 g Ketchup 2 9 g Taco Sauce 1
Cycle 3 Dec 12 - 16				12 g Lite Mayo 2 12 g Tartar Sauce 3
2 GR 2 M/MA Cycle 1	2 GR 2 M/MA	2 GR 2 M/MA	2 GR 2 M/MA Fiesta Taco Bar	2 GR 2 M/MA
2.9 oz Meatloaf 8 w/ Brown Gravy 2	6 oz Cincinnati Chili 6	3-1.13 oz WG Spicy Chicken Tenders 16-17	1.4 oz Walking Taco - Dorito	Hot Ham & Cheese
4" WG Hamburger Bun 25	1.4 oz Tostitos 28	2 oz WG Corn Muffin 29	2 oz RF Taco Meat, 3 oz Cheese Cup 14	on WG Bun
1/2 c Green Beans 4 (other)	1/2 Chili Beans 20 (bean)	1/2 c Sweet Potatoes 34 (red/orange)	1/2 c WG Mex. Rice 21 1/2 c Black Beans and Corn	1/2 c Carrots (red/orange)
1/2 c Mashed Potatoes 20 (starch)	1/2 c Broccoli 2 (green)	1/2 c Mixed Greens 3 (green)	1/2 c Lettuce, Salsa 2, Peppers, Sour Cream 3	1/2 c Choice Vegetable
1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Fruit 16-22
1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24
2 GR 2 M/MA Cycle 2	2 GR 2 M/MA	2 GR 2 M/MA	2 GR 2 M/MA Fiesta Taco Bar	2 GR 2 M/MA
2 oz Shredded Buffalo Chicken 0	WG Chicken Alfredo	WG Spicy Chicken Patty	1.4 oz Walking Taco - Dorito	2.1 oz Cheese Omelet
4" WG Bun 26	1 oz WG Garlic Breadstick w/ Marg 14	2 WG Waffles	2 oz RF Taco Meat 3, 3 oz Cheese Cup 14	6 pcs WG Mini French Toast Bites
1/2 c Baked Beans Vegetarian (bean) 30	1/2 c Broccoli 2 (green)	1/2 c California Blend 5	1/2 c WG Mex. Rice 21 1/2 c Refried Beans 16 (bean)	12 c Sweet Potatoes
8 pcs Seasoned Fries (starch)	1/2 c Mixed Vegetables 8	1/2 c Carrots 7 (red/orange)	1/2 c Lettuce, Salsa 2, Peppers, Sour Cream 3	1/2 c Chocie of Vegetable
1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Fruit 16-22
1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24
2 GR 2 M/MA Cycle 3	2 GR 2 M/MA	2 GR 2 M/MA	2 GR 2 M/MA Fiesta Taco Bar	2 GR 2 M/MA
3.24 oz Honey Beef BBQ	7.44 oz WG Pasta and Meatsauce 24	3-1.13 oz WG Spicy Chicken Tenders 16-17	1.4 oz Walking Taco - Dorito	1/2 c General TSO Chicken 24
5" WG Hoagie Bun	1 oz WG Garlic Breadstick w/ Marg 14	2 oz WG Corn Muffin 29	2 oz RF Taco Meat, 3 oz Cheese Cup 14	1/2 c WG Brown Rice 36 / 1 oz WG Dinner Roll
9 pcs Tater Tots (starch)	1/2 c Broccoli 2 (green)	1/2 c California Blend 5	1/2 c WG Mex. Rice 21 1/2 c Refried Beans 16 (bean)	12 c Broccoli 2 (green)
1/2 c Mixed Vegetables	1/2 c Italian Vegetables	1/2 c Carrots 7 (red/orange)	1/2 c Lettuce, Salsa 2, Peppers, Sour Cream 3	1/2 c Choice of Vegetable
1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Fruit 16-22
1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24
2 GR 2 M/MA Other Daily Entrees	2 GR 2 M/MA Other Daily Entrees	2 GR 2 M/MA	2 GR 2 M/MA Fiesta Taco Bar	2 GR 2 M/MA Other Daily Entrees
WG Taco Stick	WG Mini Corndogs			
WG Bagel Meal 64 (w/ Juice)	WG Bagel Meal 64 (w/ Juice)	WG Bagel Meal 64 (w/ Juice)	WG Bagel Meal 64 (w/ Juice)	WG Bagel Meal 64 (w/ Juice)
Feature Entrée Salad Meal	WG PBJ	WG PBJ	WG PBJ	WG PBJ
WG Nachoes, Cheese & Salsa	WG Nachos, Cheese & Salsa	WG Nachos, Cheese & Salsa	WG Deli Sandwich	WG Nachos, Cheese & Salsa
WG Grilled Cheese	WG Spicy Chicken	WG Cheeseburger Sliders	WG Breaded Chicken	WG Spicy Chicken
Deli Meal / Vegetarian Options	Deli Meal / Vegetarian Options	Deli Meal / Vegetarian Options	Deli Meal / Vegetarian Options	Deli Meal / Vegetarian Options
Daily Harvest Bar & Fruit Bar	Daily Harvest Bar & Fruit Bar	Daily Harvest Bar & Fruit Bar	Daily Harvest Bar & Fruit Bar	Daily Harvest Bar & Fruit Bar
Side Garden Salad w/ Dressing	Side Garden Salad w/ Dressing	Side Garden Salad w/ Dressing	Side Garden Salad w/ Dressing	Side Garden Salad w/ Dressing
Side Veggie Bowl w/ Dressing	Side Veggie Bowl w/ Dressing	Side Veggie Bowl w/ Dressing	Side Veggie Bowl w/ Dressing	Side Veggie Bowl w/ Dressing
Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice

This institution is an equal opportunity provider.

Substitutions may be made depending on availability

Dairy	Fruit	Vegetables	Grains	Protein
1 cup milk offered daily	at least 1/2 c serving	at least 1/2 c serving	*entrees can contain both grains and proteins	*entrees can contain both grains and proteins
1% unflavored	no more than 1/2 c fruit component	may take 2 servings daily	K-5 9 servings	K-5 9 servings
fat free unflavored	*may be in the form of juice	*1 c tossed salad=1/2 c vegetable serving	6th-8th 9-10 servings per week	6th-8th 9-10 servings per week
1% flavored	1/4 c dried fruit+1/2 c fruit	assorted vegetable daily	9th-12th 10-12 ounces per week	9th-12th 10-12 servings per week
	assorted fruits daily	fresh veggie bowls, hot vegetables		
	fresh, canned, dried	small salads		