



# January

## High School Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>P I Z Z A</b>	16" Pizza Cheese, *Pepperoni Buffalo Chicken	16" Pizza Cheese, *Pepperoni Vegetarian Pizza	16" Pizza Cheese, *Pepperoni White Pizza or Stromboli	16" Pizza Cheese, *Pepperoni Upside Down Pizza	16" Pizza Cheese, *Pepperoni Buffalo Chicken
<b>D A S H</b>	Drumsticks Over Mashed Potatoes and Gravy or Mac & Cheese	Taste of Athens Gyro Bar or Greek Salad Meditarian Chicken Gyro	General Tso Chicken with Rice & Egg Roll or Stiry Fry Chicken with Rice & Egg Roll	Hand Carved Roast Beef on Kaiser Roll with Mashed Potatoes and Gravy	Chicken & Waffles or <b>Pasta Primavera with Chicken or Pasta in Red Sauce with Meatballs</b>
<b>D E L I</b>	<b>Chicken Caesar Salad</b> Hoagie or Wrap with choice of Turkey, Turkey Ham Chicken or Tuna Salad and Hummus	<b>Chicken Caesar Salad</b> Hoagie or Wrap with choice of Turkey, Turkey Ham Chicken or Tuna Salad and Hummus	<b>Chicken Caesar Salad</b> Hoagie or Wrap with choice of Turkey, Turkey Ham Chicken or Tuna Salad and Hummus	<b>Greek Salad</b> Hoagie or Wrap with choice of Turkey, Turkey Ham Chicken or Tuna Salad and Hummus	<b>Greek Salad</b> Hoagie or Wrap with choice of Turkey, Turkey Ham Chicken or Tuna Salad and Hummus
<b>N A C H O</b>	Taco or Nachos with choice of Ground Beef, Diced Chicken, Rice and Beans and choice of Fresh Toppings	Taco or Nachos and Fajitas Ground Beef, Diced Chicken & Cheese and choice of Fresh Toppings	Taco or Nachos with choice of Ground Beef, Diced Chicken & Cheese and choice of Fresh Toppings	Taco or Nachos with choice of Ground Beef, Diced Chicken & Cheese and choice of Fresh Toppings	Taco or Nachos and Fajitas Ground Beef, Diced Chicken & Cheese and choice of Fresh Toppings
<b>G R I L L</b>	Steakhouse Burger with Cheese & Onion Rings or Cheeseburger Chicken Steak	Royal Chicken Sandwich or Cheeseburger Pizza Steak	French Toast with Sausage or Sausage Egg & Cheese Bagel	Hot & Spicy Chicken with Honey Mustard on a Pretzel Roll or Cheeseburger	Chicken Parmesian Sandwich or The Upper Darby Double or Beef Steak

Choices of Milk Include  
Skim  
Low-Fat  
White  
Chocolate and  
Strawberry

Choices of Fresh Fruit & Fresh Vegetables

Toasted Sandwiches now Available on the Deli Line

**Lunch will NOT be served during Midterm Exams 1/14-1/16**

Upper Darby School District High School Lunch Menu - All Students Have Access to Lunch at No Cost!!

CHECK OUT OUR STATION MENU BOARDS FOR SPECIALS OR MENU CHANGES!!

\*Menu Items Do Not Contain Pork Product EXCEPT Pepperoni Pizza \*  
Menu Subject to Change without Notice

