# La Grande High School
## Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

### Monday
- **Croissant Sandwich**
- **Grilled Chicken Salad**
- **Fruit Salad**
- **Fruit Cup**
- **Milk choice of 1% White, Skim or Chocolate**

### Tuesday
- **Rice and Beans**
- **Salsa**
- **Pinto Beans**
- **Milk choice of 1% White, Skim or Chocolate**

### Wednesday
- **Tuna Salad**
- **Rice**
- **Mango Salsa**
- **Pinto Beans**
- **Milk choice of 1% White, Skim or Chocolate**

### Thursday
- **Beef Stew**
- **Rice**
- **Salsa**
- **Pinto Beans**
- **Milk choice of 1% White, Skim or Chocolate**

### Friday
- **Chicken Nachos**
- **Rice**
- **Salsa**
- **Pinto Beans**
- **Milk choice of 1% White, Skim or Chocolate**

**Milk choice of 1% White, Skim or Chocolate. Skim is included with lunch. Entree Salads are served with Dinner Roll.**

For questions contact: Heather Torres at taher@lagrandesd.org

---

**Extra Info**

- **Regular** $2.65
- **Reduced** $0.00
- **Adult** $3.80
- **Milk** $0.50
- **Extra Entree** $2.05

---

**Harvest of the Month**

- **Blood Orange**
- **Mushroom**
- **Caraway**

---

**Food 4 Life Thoughts**

---

**Your Menus plus more information on our app**

Taher Food4Life®

www.taher.com

Menus are subject to change without notice.