

Every day we offer a delicious and varied salad bar full of fruits and veggies. This accompanies our from scratch cooking methods.

Monday

Tuesday

Wednesday

Thursday

Friday



5
Chicken Cantina Bowl
Rice, Chicken, Corn, Beans
Homemade Guacamole & Chips
Fresh Fruits & Veggies
Milk

6
Stuffed Peppers
Chapuk Beef, Rice, Cheese & Tomato Gravy
Fresh Fruits & Veggies
Milk

7
Garlic Butter Baked Chicken
Quinoa Rice
Roasted Broccoli & Cauliflower
Fresh Fruits & Veggies
Milk

1
Buffalo Chicken Wrap or Plain Chicken Wrap
Italian Pasta Salad
Fresh Fruits & Veggies
Milk

2
Cheese Calzone
Specialty Calzone
Homemade Dessert
Fresh Fruits & Veggies
Milk

12
Goulash w/ Chapuk Beef & Lillie Valley Sausage
Fresh Fruits & Veggies
Milk

13
Chicken Fajitas
Cilantro Lime Rice
Fresh Fruits & Veggies
Milk

14
Mini BBQ Meatloaf
Juniper Hill Mashed Potatoes
Corn & a Roll
Fresh Fruits & Veggies
Milk

8
Cheeseburger Wrap
Juniper Hill Steak Fries
Viking Sauce & All the Fixings
Fresh Fruits & Veggies
Milk

9
Cheese Pizza
Specialty Pizza
Homemade Dessert
Fresh Fruits & Veggies
Milk

15
Roasted Turkey Wrap
NY Pasta Mac Salad
Fresh Fruits & Veggies
Milk

16
No School

19
Spaghetti w/ Homemade Meatballs
Caesar Salad
Fresh Fruits & Veggies
Milk

20
Chicken Quesadilla
Spanish Rice
Corn & Bean Salsa
Fresh Fruits & Veggies
Milk

21
Shepherds Pie
Homemade Garlic Bread
Fresh Fruits & Veggies
Milk

22
No School

23
No School

26
No School

27
Chapuk Chopped Cheese
Philly Cheesesteak
Tuna Mac Salad
Fresh Fruits & Veggies
Milk

28
Turkey Pot Pie
Homemade Cheesy Pie Crust
Fresh Fruits & Veggies
Milk

29
Sweet & Spicy Chicken
Fried Rice & Snap Peas
Fresh Fruits & Veggies
Milk

30
Bag Lunch
Early Dismissal 11:30

Moriah CSD encourages all students to select a complete meal containing all 5 food components at lunch. Students must select at least 3 food components, with one of the food components being at least 1/2 cup of fruit or vegetable to constitute a reimbursable meal. Alternate choices are PB&J or Egg Salad Sandwich. All Students eat at no cost.