



Anchor Bay High School

2023-2024 Lunch Menu

Online Menu and Nutritionals: anchorbay.nutrislice.com

* Served with a Grain Choice

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Galley Grill:

All students are eligible for one **free** breakfast and one **free** lunch each school day!

Entrée Choices: *Corndogs (Mini or Stick) *Chicken Sandwich (Spicy or Crispy) *Little Caesar's Pizza (Pepperoni, Cheese, Veggie)	Entrée Choices: *Cheesy Bread *Chicken Sandwich (Spicy or Crispy) *Fresh Baked Pizza *Veggie Burger	Entrée Choices: *Chicken Tenders *Popcorn Chicken Bowl *Chicken Sandwich (Spicy or Crispy) *Roast Beef Wrap *Fresh Baked Pizza *Veggie Burger	Entrée Choices: *Cheesy Bosco Sticks *Chicken & Onion Rings *Chicken & Waffles *Chicken Sandwich (Spicy or Crispy) *Fresh Baked Pizza *Veggie Burger	Entrée Choices: *Cheeseburger *Chicken Sandwich (Spicy or Crispy) *Macaroni & Cheese *Fresh Baked Pizza *Veggie Burger
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Port:

Entrée Choices: *Fresh Baked Flatbreads (BBQ Chicken, Philly Cheese) *Little Caesar's Pizza (Pepperoni, Cheese, Veggie)	Entrée Choices: *Loaded Hotdogs (Chili and Cheese) *Loaded Tater Tots (Chili and Cheese) *Calzone	Entrée Choices: *Chicken Tenders *Popcorn Chicken Bowl *Roast Beef Wrap *Fresh Baked Pizza	Entrée Choices: *Penne Pasta (Alfredo or Beef Sauce)	Entrée Choices: *Walking Beef Taco *Beef or Chicken Burrito
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Starboard:

Entrée Choices: *Asian Chicken w/ Fried Rice (Top w/ your favorite sauce) *Little Caesar's Pizza (Pepperoni, Cheese, Veggie)	Entrée Choices: *Loaded Hotdogs (Chili and Cheese) *Loaded Tater Tots (Chili and Cheese) *Calzone *Fresh Baked Pizza	Entrée Choices: *Breakfast Grains (Pancakes, Waffles, French Toast) Canadian Bacon Sausage Scramble Eggs *Fresh Baked Pizza	Entrée Choices: *Penne Pasta (Alfredo or Beef Sauce) *Fresh Baked Pizza	Entrée Choices: *Quesadillas (Cheese, Beef, Chicken) *Soft Pretzel (w/ cheese sauce)
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Stern:

Entrée Choices: *Fresh Salad Bar *Fresh Sandwiches *Fresh Wraps *Hummus Lunch *Yogurt Lunch	Entrée Choices: *Fresh Salad Bar *Fresh Sandwiches *Fresh Wraps *Hummus Lunch *Yogurt Lunch *Chicken Hani	Entrée Choices: *Fresh Salad Bar *Fresh Sandwiches *Fresh Wraps *Hummus Lunch *Yogurt Lunch	Entrée Choices: *Fresh Salad Bar *Fresh Sandwiches *Fresh Wraps *Hummus Lunch *Yogurt Lunch *Grilled Cheese (w/ tomato soup)	Entrée Choices: *Fresh Salad Bar *Fresh Sandwiches *Fresh Wraps *Hummus Lunch *Yogurt Lunch
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Daily Fruits/Veggies:

Students **must** take at least 1 offering of fruit or veggie each day! 2 offerings of each are allowed.

<u>Fruits</u>	<u>Veggies</u>	<u>Fruits</u>	<u>Veggies</u>	<u>Fruits</u>	<u>Veggies</u>	<u>Fruits</u>	<u>Veggies</u>	<u>Fruits</u>	<u>Veggies</u>
Apple Slices	Carrots	Season Fruit	Cucumbers	Fresh Melon	Corn	Fresh Berries	Peppers	Season Fruit	Green Beans
Oranges	Refried Beans	Applesauce	Baked Beans	Fruit Mix	Celery	Peaches	Tomatoes	Pears	Broccoli
100% Juice	Baked Fries	100% Juice	Sweet Potatoes	100% Juice	Mashed Potatoes	100% Juice	Romaine-Side Salad	100% juice	Black Beans
									Curly Fries

Daily Milk Offerings: 1% White, 1% Chocolate, 1% Strawberry

This is an equal and opportunity Provider