

# PEACH COUNTY HIGH SCHOOL

## TROJAN CAFE

*Lunch is available to all students at no charge. Please take advantage of all menu options.*

**THIS INSTITUTION IS AN EQUAL OPPURTUNITY PROVIDER**

### LUNCH OPTIONS

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Troy's Famous Pizzeria</b>	Mexican Pizza  Veggie of the Day Tossed Salad Fruit Options Milk Variety	Wild Mike's Pizza  Veggie of the Day Tossed Salad Fruit Options Milk Variety	Mexican Pizza  Veggie of the Day Tossed Salad Fruit Options Milk Variety	Wild Mike's Pizza  Veggie of the Day Tossed Salad Fruit Options Milk Variety	Mexican Pizza  Veggie of the Day Tossed Salad Fruit Options Milk Variety
<b>Zeus' Grill and More</b>	<b>Chicken Tenders</b>  French Fries  Veggie of the Day Tossed Salad Fruit Options Milk Variety	<b>Cheeseburger with the WORKS</b>  Baked Chips  Veggie of the Day Tossed Salad Fruit Options Milk Variety	<b>Deli Sandwich / PBJ</b>  Baked Chips  Veggie of the Day Tossed Salad Fruit Options Milk Variety	<b>Chicken Sandwich</b>  French Fries  Veggie of the Day Tossed Salad Fruit Options Milk Variety	<b>Corn Dogs</b>  Baked Chips  Veggie of the Day Tossed Salad Fruit Options Milk Variety
<b>Sparta's Salad Bar</b>	<i>Featuring</i>  <b>Diced Ham</b>	<i>Featuring</i>  <b>Buffalo Chicken Strips</b>	<i>Featuring</i>  <b>Grilled Chicken</b>	<i>Featuring</i>  <b>Chicken Strips</b>	<i>Featuring</i>  <b>Tuna Salad</b>
<b>Helen's Home Cooked Corner</b>	<b>Chicken Tenders</b>  Creamy Potatoes Sweet Peas  Fruit Options Milk Variety	<b>Chili Cheese Fries OR Taco Salad</b>  Black Beans Corn Salsa Jalapeño Peppers Tossed Salad  Fruit Options Milk Variety	<b>Spaghetti OR Beef A Roni</b>  Green Beans Steamed Carrots Tossed Salad  Fruit Options Milk Variety	<b>Barbecue Chicken</b>  Steamed Cabbage Sweet Potato Cornbread  Fruit Options Milk Variety	<b>Sausage Dog</b>  French Fries/Tots Coleslaw  Fruit Options Milk Variety

#### OTHER DAILY SELECTIONS:

**ENTREES**  
\$2.00

**SNACKS**  
*We offer a variety of a la carte snack items in our cafeteria*  
**\$1.00**

**DRINKS**  
Tea/Lemonade  
**\$1.00**

Thank you for supporting the School Nutrition Program!!

#### NUTRITION BITES:

• Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations. The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

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