



Students Menu

Join us in celebrating Black History Month with a special menu that honors tradition and flavor! Indulge in our delicious offerings:

Oven Fried Chicken

Sauté Butter Garlic Green Beans

Macaroni and Cheese

Buttered Dinner Roll

Friday, February 28, 2025





Teachers Menu

Join us in celebrating Black History Month with a special menu that honors tradition and flavor! Indulge in our delicious offerings:

Fried Chicken

Savory Collard Greens

Creamy Macaroni and Cheese

Southern Green Beans and Potatoes



Sweet Candied Yams

Cornbread

Friday, February 28, 2025





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 W.G. Blueberry Muffin W.G. Vanilla Cracker Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	4 Whole Grain Super Donut Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	5 Pancakes, Sausage Patty, Hashbrown Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	6 Whole Grain Breakfast Oatmeal Round Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	7 W.G. Mini Maple Waffle Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint
10 W.G. Grain Chocolate Chip Muffin W.G. Vanilla Cracker Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	11 Whole Grain Donut Holes Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	12 Sausage, Egg, and Cheese Biscuit Hash Brown Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	13 Strawberry or Strawberry Banana Yogurt, Cheese Stick, W.G. Vanilla Cracker Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	14 No School Parent Teacher Conferences
17 No School President's Day	18 Whole Grain Pull Apart Donut Holes Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	19 French Toast Turkey Links Hash Brown Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	20 Double Chocolate Oatmeal bar Just Picked Fresh Fruit or 100% Fruit Juice Ice Cold Milk Pint	21 Whole Grain Confetti Pancakes w/Syrup Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint
24 W.G. Banana Muffin W.G. Vanilla Cracker Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	25 Whole Grain Super Donut Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	26 Breakfast Sandwich Turkey Sausage, Egg, and Cheese Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	27 W.G. Apple Frudel Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	28 W.G. Mini Chocolate French Toast Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint

Daily High School Breakfast Choices:

← Daily Specials

~ Assorted Cereals and Bars

~ Grab n' Go Specials

Milk Choices:

1% White or Fat Free Chocolate

All Breakfasts include fresh fruit or 100% Juice.

Menu may be subject to change.

Breakfast After the Bell Program!

~ Breakfast will be served in the cafeteria until 9:00 a.m.

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<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
3	4 W.G. Cereal W.G. Graham Cracker Fresh Apple Slices Ice Cold Milk	5 W.G. Mini Confetti Pancakes 100% Fruit Juice Ice Cold Milk Pint	6 W.G. Mini Maple Waffles Fresh Orange Slices Ice Cold Milk Pint	7
10	11 Flavored Yogurt W.G. Vanilla Graham Cracker Fresh Peaches Ice Cold Milk Pint	12 W.G. Pancake w/ Syrup 100% Fruit Juice Ice Cold Milk Pint	13 W.G. Donut Fresh Orange Slices Ice Cold Milk Pint	14
17	18 W.G. Cereal W.G. Graham Cracker Fresh Apple Slices Ice Cold Milk	19 W.G. Mini Confetti Pancakes 100% Fruit Juice Ice Cold Milk Pint	20 W.G. Mini Maple Waffles Fresh Orange Slices Ice Cold Milk Pint	21
24	25 Flavored Yogurt W.G. Vanilla Graham Cracker Fresh Peaches Ice Cold Milk Pint	26 W.G. Pancake w/ Syrup 100% Fruit Juice Ice Cold Milk Pint	27 W.G. Donut Fresh Orange Slices Ice Cold Milk Pint	28 

Milk Choices:

1% White or Fat Free Chocolate

All meals include Fresh fruit and Fresh or Steamed Veggies

Menu may be subject to change.





February 2025

Week 1 Feb 3-7

High School Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken and Cheese Quesadilla	Spicy Chicken Tenders w/ Roasted Veggies	Chicken Bacon Melt Seasoned Fries	Sweet & Sour Chicken w/Brown Rice	Grilled Cheese Tomato Soup
	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.
	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."
	Spicy Chicken Sandwich Crispy Chicken Sandwich	Crispy Chicken Sandwich Cheeseburger Roasted Veggie	Build Your Burger Spicy Chicken Sandwich Seasoned Fries	Spicy Chicken Sandwich Burger Oven Baked Garlic Parm Fries	BBQ Chicken Sandwich Cheeseburger Seasoned Fries
	Nacho Supreme Refried Beans Spanish Rice	Taco Tuesday Black Beans Cilantro Rice	Nacho Supreme Refried Beans Spanish Rice	Chipotle Chicken Tacos w/ Brown Rice	Cheese Quesadilla Spanish Rice
	Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza	Cheese Pizza Pepperoni Pizza Sausage Pizza	Cheese Pizza Pepperoni Pizza Meat lover's Pizza	Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza	Cheese Pizza Pepperoni Pizza Veggie Pizza
					TW Stir Fry Station Fried Rice
	Pasta Bar Choice of Patsa and Sauce	Pasta Bar Choice of Patsa and Sauce	Pasta Bar Choice of Patsa and Sauce	Pasta Bar Choice of Patsa and Sauce	Pasta Bar Choice of Patsa and Sauce
	Chicken Ceasar Wrap Southwest Chicken Salad	Fruit and Yogurt Parfait W/ Granola	Spicy Chicken Wrap Chef Salad	Fruit and Yogurt Parfait W/ Granola	Crispy Chicken Wrap Garden Salad
	Cucumber Tomato Salad Broccoli Salad Just Picked Fresh Fruit	Romaine Salad Black Bean Salsa Just Picked Fresh Fruit	Broccoli Florets Cherry Tomatoes Just Picked Fresh Fruit	Celery Sticks Baby Carrots Just Picked Fresh Fruit	Romaine & Spinach Salad Cauliflower Florets Just Picked Fresh Fruit

Fresh fruit and a selection of fresh vegetables are available daily.

Menu may be subject to change.

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February
Week 2
Feb 10-14

High School Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fish Sandwich Sweet Buttered Corn	General TSO Chicken Brown Rice	Homemade Meatloaf Mashed Potatoes & Gravy	Breakfast for Lunch Pancakes, Sausage Links Hash brown	Parent Teacher Conferences No School
	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	
	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	
	Spicy Chicken Sandwich Crispy Chicken Sandwich	Crispy Chicken Sandwich Cheeseburger Roasted Veggie	Build Your Burger Spicy Chicken Sandwich Seasoned Fries	Spicy Chicken Sandwich Burger Oven Baked Garlic Parm Fries	
	Nacho Supreme Refried Beans Spanish Rice	Taco Tuesday Black Beans Cilantro Rice	Nacho Supreme Refried Beans Spanish Rice	Chicken Burrito Bowl Mexi-Cali Corn	
	Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza	Cheese Pizza Pepperoni Pizza Sausage Pizza	Cheese Pizza Pepperoni Pizza Meat lover's Pizza	Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza	
	Pasta Bar Choice of Patsa and Sauce	Pasta Bar Choice of Patsa and Sauce	Pasta Bar Choice of Patsa and Sauce	Pasta Bar Choice of Patsa and Sauce	
	Chicken Ceasar Wrap Southwest Chicken Salad	Fruit and Yogurt Parfait W/ Granola	Chicken Ranch Wrap Crispy Chicken Salad	Fruit and Yogurt Parfait W/ Granola	
	Cucumber Tomato Salad Broccoli Florets Just Picked Fresh Fruit	Romaine Salad Chefs Roasted Veggie Pasta Salad	Broccoli Florets Cherry Tomatoes Just Picked Fresh Fruit	Celery Sticks Baby Carrots Just Picked Fresh Fruit	

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February 2025

Week 3
Feb 17-21

High School Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	No School President's Day	Oven Baked Chicken Nuggets Dinner Roll	Italian Meatball Sub	Chili Cheese Fries Soft Baked Pretzels	Grilled Beef Hotdog w/Grilled Onions
	No School President's Day	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.
	No School President's Day	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."
	No School President's Day	Crispy Chicken Sandwich Cheeseburger Roasted Veggie	Build Your Burger Spicy Chicken Sandwich Seasoned Fries	Spicy Chicken Sandwich Burger Oven Baked Garlic Parm Fries	BBQ Chicken Sandwich Cheeseburger Seasoned Fries
	No School President's Day	Taco Tuesday Black Beans Cilantro Rice	Nacho Supreme Refried Beans Spanish Rice	Chipotle Chicken Tacos w/ Brown Rice	Cheese Quesadilla Spanish Rice
	No School President's Day	Cheese Pizza Pepperoni Pizza Sausage Pizza	Cheese Pizza Pepperoni Pizza Meat lover's Pizza	Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza	Cheese Pizza Pepperoni Pizza Veggie Pizza
	No School President's Day				TT Stir Fry Station Fried Rice
	No School President's Day	Pasta Bar Choice of Patsa and Sauce	Pasta Bar Choice of Patsa and Sauce	Pasta Bar Choice of Patsa and Sauce	Pasta Bar Choice of Patsa and Sauce
	No School President's Day	Fruit and Yogurt Parfait W/ Granola	Spicy Chicken Wrap Chef Salad	Fruit and Yogurt Parfait W/ Granola	Crispy Chicken Wrap Garden Salad
	No School President's Day	Romaine Salad Black Bean Salsa Just Picked Fresh Fruit	Broccoli Florets Cherry Tomatoes Just Picked Fresh Fruit	Celery Sticks Baby Carrots Just Picked Fresh Fruit	Romaine & Spinach Salad Cauliflower Florets Just Picked Fresh Fruit

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February 2025

Week 4
Feb 24-28

High School Lunch
Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BBQ Beef Rib Sandwich Grilled Veggies	Walking Tacos	BBQ Pulled Pork Sandwich Seasoned Fries	Chicken & Waffle Sandwich Hashbrown	Chicken Teriyaki Brown Rice
	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.	Made-to-order salads with a choice of dressings, croutons, or a dinner roll.
	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."	"Customize your subs, sandwiches, or wraps with our chef's homemade sauces."
	Spicy Chicken Sandwich Crispy Chicken Sandwich	Crispy Chicken Sandwich Cheeseburger Roasted Veggie	Build Your Burger Spicy Chicken Sandwich Seasoned Fries	Spicy Chicken Sandwich Burger Oven Baked Garlic Parm Fries	BBQ Chicken Sandwich Cheeseburger
	Nacho Supreme Refried Beans Spanish Rice	Taco Tuesday Black Beans Cilantro Rice	Nacho Supreme Refried Beans Spanish Rice	Chicken Fajita Taco Spanish Rice	Nacho Supreme Refried Beans Spanish Rice
	Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza	Cheese Pizza Pepperoni Pizza Sausage Pizza	Cheese Pizza Pepperoni Pizza Meat lover's Pizza	Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza	Cheese Pizza Pepperoni Pizza Veggie Pizza
					TR Stir Fry Station Fried Rice
	Pasta Bar Choice of Patsa and Sauce	Pasta Bar Choice of Patsa and Sauce	Pasta Bar Choice of Patsa and Sauce	Pasta Bar Choice of Patsa and Sauce	Pasta Bar Choice of Patsa and Sauce
	Southwest Chicken Salad	Jerk Chicken Salad	Chef Salad	Chicken Ceasar Salad	Fruit and Yogurt Parfait W/ Granola
	Sliced Cucumber Broccoli Florets Just Picked Fresh Fruit	Romaine Salad Black Bean Salsa Just Picked Fresh Fruit	Broccoli Florets Cherry Tomatoes Just Picked Fresh Fruit	Celery Sticks Baby Carrots Just Picked Fresh Fruit	Romaine & Spinach Salad Cauliflower Florets Just Picked Fresh Fruit

Fresh fruit and a selection of fresh vegetables are available daily.

Menu may be subject to change.

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<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
3	4	5	6	7
	Homemade Macaroni & Cheese w/ Green Beans 100% Fruit Juice Ice Cold Milk Pint	Cheese Quesadilla Spanish Rice Fresh Fruit Ice Cold Milk Pint	Cheese Pizza Steamed Broccoli 100% Fruit Juice Ice Cold Milk Pint	
10	11	12	13	14
	Spaghetti & Meat Sauce Steam Broccoli Apple Sauce Ice Cold Milk Pint	Beef Taco W/ Toppings Spanish Rice 100% Fruit Juice Ice Cold Milk Pint	Chicken Nuggets W.G. Roll Mashed Potatoes Fresh Orange Slices Ice Cold Milk Pint	
17	18	19	20	21
	Homemade Macaroni & Cheese w/ Green Beans 100% Fruit Juice Ice Cold Milk Pint	Soft Beef Taco W/ Toppings Spanish Rice 100% Fruit Juice Ice Cold Milk Pint	Cheese Pizza Steamed Broccoli 100% Fruit Juice Ice Cold Milk Pint	
24	25	26	27	28
	Spaghetti & Meat Sauce Steam Broccoli Apple Sauce Ice Cold Milk Pint	Beef Nacho W/ Toppings Spanish Rice 100% Fruit Juice Ice Cold Milk Pint	Chicken Nuggets W.G. Roll Mashed Potatoes Fresh Orange Slices Ice Cold Milk Pint	

Milk Choices:

1% White or Fat Free Chocolate

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				
3	4	5	6	7
Baked Pasta w/Meat Sauce Garlic Dinner Roll Roasted Vegetables	Nacho Supreme Choice of Meat and Toppings Cilantro Lime Rice Refried Black Beans	Chicken Parmesan Seasoned Green Beans Dinner Roll	Bacon Cheeseburger Choice of Toppings Seasoned Fries TW Stir Fry	Three Cheese Panini Cup of Cream of Tomato Soup
10	11	12	13	14
2-Chicago Style Hot Dogs Choice of Condiments Small Side of Pasta Salad Oven Baked Fries	Burrito Bowl Cilantro Rice Black Beans Choice of Toppings Pico De Gallo	Garlic Roasted Chicken Sandwich on a French Bread and Garlic Aioli Spread Veggie Pasta Salad	Meatball Sub w/Mozzarella Cheese Seasoned Fries	No School Parent Teacher Conferences!
17	18	19	20	21
No School	2- Choice of Soft- or Hard-Shell Tacos Refried Beans Spanish Rice Choice of Toppings	Meatloaf Mashed Potatoes & Gravy Dinner Roll Sauté Green Beans	Italian Beef Choice of toppings Seasoned Fries TT Stir Fry	Fish Fry Basket Seasoned Fries Garlic Toast
24	25	26	27	28
Jerk Chicken Sandwich Pasta & Veggie Salad	Taco Tuesday Choice of Meat and Toppings Spanish Rice Refried Black Beans	Lemon Pepper Oven Roasted Chicken Roasted Garlic Rice Sauté Broccoli Garlic Toast TR Stir Fry	Stuffed Green Peppers W. Marinara Sauce Rice Pilaf TR Stir Fry	Chicken Wings Garlic Toast Fries Cole Slaw

Daily Breakfast Options:

- ~ Oatmeal with Assorted Toppings
- ~ Sausage Links/Patties
- ~ Scrambled Eggs
- ~ Hash Browns
- ~ Assorted Baked Goods
- ~ Pancakes or Waffles
- ~ Coffee & Tea Service

Daily Faculty Lounge Options:

- ~ Daily Special
- ←
- ~ Burgers
- ~ Grilled or Breaded Chicken
- ~ Breast Sandwich
- ~ Pizza
- ~ French Fries

Soup of the Day:

- ~ Mon: Chicken & Rice
- ~ Tue: Loaded Baked Potato
- ~ Wed: Cream of Broccoli
- ~ Thurs: Chicken Noodle
- ~ Fri: Vegetable Soup

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 W.G. Cheez-It 100% Juice	4 W.G Rice Krispies Treat 100% Juice	5 W.G. Lil Squares Honey Graham Crackers 100% Juice	6 W.G. Blueberry Lemon Cookie Bites 100% Juice	11
10 Cheese Stick W.G Cheese Cracker 100% Fruit Juice	11 Chocolate W.G. Graham Cracker 100% Fruit Juice	12 W.G Goldfish Cracker 100% Fruit Juice	13 Vanilla W.G. Graham Cracker 100% Fruit Juice	14
17 No School	18 W.G Rice Krispies Treat 100% Juice	19 W.G. Lil Squares Honey Graham Crackers 100% Juice	20 W.G. Blueberry Lemon Cookie Bites 100% Juice	21
24 Cheese Stick W.G Cheese Cracker 100% Fruit Juice	25 Chocolate W.G. Graham Cracker 100% Fruit Juice	26 W.G Goldfish Cracker 100% Fruit Juice	27 Vanilla W.G. Graham Cracker 100% Fruit Juice	28

Artificial
Ingredients,
Additives,
Preservatives

High-Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star Schod
LunchProvider!



This Institution is an
equal opportunity
provider.

Milk Choices:

1% White or Fat Free
Chocolate

**All meals include Fresh
fruit and Fresh or
Steamed Veggies**

**Menu may be subject
to change.**

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Spicy Chicken Patty Sandwich on a W.G Bun Broccoli 100% Fruit Juice	4 Build your own Sub or Sandwich! Baby Carrots 100% Fruit Juice	5 Yogurt Bar Vanilla Yogurt Choice of Fruit (Peaches or Strawberries) Graham Cracker	6 Chicken Caesar or Ranch Wraps Choice of Cold Veggies 100% Fruit Juice	11
10 Spicy Chicken Patty Sandwich on a W.G Bun Broccoli 100% Fruit Juice	11 Build your own Sub or Sandwich! Baby Carrots 100% Fruit Juice	12 Yogurt Bar Vanilla Yogurt Choice of Fruit (Peaches or Strawberries) Graham Cracker	13 Chicken Caesar or Ranch Wraps Choice of Cold Veggies 100% Fruit Juice	14
17 No School	18 Build your own Sub or Sandwich! Baby Carrots 100% Fruit Juice	19 Yogurt Bar Vanilla Yogurt Choice of Fruit (Peaches or Strawberries) Graham Cracker	20 Chicken Caesar or Ranch Wraps Choice of Cold Veggies 100% Fruit Juice	21
24 Chicken Patty Sandwich on a W.G Bun Broccoli 100% Fruit Juice	25 Build your own Sub or Sandwich! Baby Carrots 100% Fruit Juice	26 Yogurt Bar Vanilla Yogurt Choice of Fruit (Peaches or Strawberries) Graham Cracker	27 Chicken Caesar or Ranch Wraps Choice of Cold Veggies 100% Fruit Juice	28



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1% White or Fat Free Chocolate

All meals include Fresh fruit and Fresh or Steamed Veggies

Menu may be subject to change.

Artificial Ingredients, Additives, Preservatives

High-Fructose Corn Syrup

Fried Foods Mystery Meats

ALWAYS fresh NEVER frozen

**** 4-Star Schod LunchProvider!

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