John Carroll High School

2023-2024 HEALTHY MEALS



Lunch

Rams Meal Deal Rams Meal Deal includes any hot or cold entrée, 2 Sides and a bottled water	\$7.50	Adult Premium Lunch Staff Only, Includes hot or cold entrée, 2 Sides and Beverage of Choice	\$9.00
Pizza Slice	\$3.00	Corn Dog Nugget Bites	\$6.25
Assorted Wraps	\$6.25	Chicken Tender Basket	\$6.25
Cold Deli Sandwich	\$6.25	Crispy Chicken Sandwich	\$6.25
Freshly Prepared Salads	\$6.25	Hamburger/Cheeseburger	\$6.25
Chick Fil A Sandwich (Available Wednesdays)	\$7.00		

Beverages

Bottled Water 16 oz.	\$1.50	Arizona Tea 12oz	\$2.00
Canned Soda 12 oz.	\$1.75	Gatorade 20 oz.	\$2.50

À La Carte Snacks

Fresh Fruit	\$1.00	Assorted Pop Tarts - 2 pack	\$2.25
Hershey's Ice Cream	\$2.00/\$3.00	Soft Pretzel Bites	\$2.50
Yogurt or Pudding Parfait	\$2.75	Breadsticks & Marinara	\$4.25
Side of Fries	\$2.50	Churro Bites	\$2.75
Candy Bar	\$2.25	Baked Chips	\$2.00
Giant Fresh Baked Cookie	\$2.00		







Healthy meals grow healthy kids!