



# MAY | 2018

## HIGH SCHOOL LUNCH MENU

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
|   | <b>1</b> FAT FREE MILK<br>Reduced fat macaroni and cheese<br>Savory garlic toast<br>Seasoned green beans<br>Sliced pears<br>Salad bar                              | <b>2</b> FAT FREE MILK<br>CHICKEN TENDERS<br>Mashed potatoes and gravy<br>Whole grain dinner roll<br>Golden Savory Corn<br>Applesauce<br>Salad bar   | <b>3</b> FAT FREE MILK<br>TASTE OF ITALY<br>Bosco cheese stuffed breadstick<br>Meat and cheese sauce<br>Steamed broccoli buds<br>Pineapple tid-bits<br>Salad bar                              | <b>4</b> HALF DAY OF SCHOOL BREAKFAST SERVED<br><br><b>USDA is an equal opportunity provider and employer"</b>   |
| <b>7</b> FAT FREE MILK<br>Baked whole grain chicken nugget<br>Potato wedges/Granola Bar<br>Mixed green garden salad<br>Diced peaches<br>Salad bar                                   | <b>8</b> FAT FREE MILK<br>Seasoned beef Tacos<br>Lettuce/tomato/cheese<br>Tex-mex refried bean dip<br>Black bean & corn fiesta<br>Mixed fruit<br>Salad bar         | <b>9</b> FAT FREE MILK<br>Baked Steak burger<br>Served on a whole grain bun<br>Baked oven sweet potato puffs<br>Baked beans<br>Orange wedges<br>Salad bar  | <b>10</b> FAT FREE MILK<br>Classic homemade chili/soup<br>Whole grain crackers<br>Whole grain bread stick<br>Baby carrots and low fat dip<br>Fresh red grapes<br>Salad bar                    | <b>11</b> FAT FREE MILK<br>PIZZA DAY<br>Homestyle whole grain pizza<br>Your choice cheese or pepperoni<br>Steamed broccoli buds or peas<br>Sliced pears/salad bar      |
| <b>14</b> FAT FREE MILK<br>Champion Bnls BBQ<br>Chicken Wing<br>Wh Grain Twisted<br>Breadstick<br>Oven baked fries<br>Seasoned Green Beans<br>Pineapple& orange wedges<br>Salad bar | <b>15</b> FAT FREE MILK<br>Hotdog cook-out day<br>Hotdog on a whole grain bun<br>Fun sized chips<br>Corn on the cob<br>Chilled pears<br>Salad bar                  | <b>16</b> FAT FREE MILK<br>Chicken fajita<br>Served on ultra grain tortilla<br>Green peppers and onions<br>Tex-mex refried bean dip<br>Fresh romaine garden salad<br>Sliced peaches<br>Salad bar | <b>17</b> FAT FREE MILK<br>Asian stir fry day<br>New Orleans's style<br>General Tso' spicy chicken<br>Stir fry veggies<br>Fluffy wild rice<br>Fortune cookie<br>Mandarin oranges<br>Salad bar | <b>18</b> FAT FREE MILK<br>TASTE OF ITALY<br>Bosco cheese stuffed breadstick<br>Meat and cheese sauce<br>Steamed broccoli buds<br>Pineapple tid-bits<br>Salad bar      |
| <b>21</b> FAT FREE MILK<br>Tasty Honey Beef dippers<br>Oven baked fries<br>Whole grain breadstick<br>Baby carrots and dip<br>Mixed fruit<br>Salad bar                               | <b>22</b> FAT FREE MILK<br>Honey BBQ Rib Sandwich<br>Served on a whole grain bun<br>Fun sized chips<br>Corn on the cob<br>Assorted fresh fruit bowl<br>Salad bar   | <b>23</b> FAT FREE MILK<br>Full sized corn dog<br>Baked tarter tots<br>Bolstered baked beans<br>Cinnamon applesauce<br>Fresh fruit apple/orange<br>Salad bar                                     | <b>24</b> FAT FREE MILK<br>Baked popcorn chicken<br>Mashed potatoes and gravy<br>Whole grain dinner roll<br>Golden savory corn<br>Chilled applesauce<br>Salad bar                             | <b>25</b> FAT FREE MILK<br>PIZZA DAY<br>Homestyle WG stuffed crust pizza<br>Your choice cheese or pepperoni<br>Steamed broccoli buds or peas<br>Sliced pears/salad bar |
| <b>28</b> NO SCHOOL<br><br>Featured daily vegetables<br>Monday Spinach<br>Tuesday Radish<br>Wednesday Mushrooms<br>Thursday Red peppers<br>Friday Peas                              | <b>29</b> FAT FREE MILK<br>Southern delight<br>Waffle and chicken bites<br>Warm syrup<br>Hash brown<br>Fresh grapes & mixed fruit<br>100% fruit juice<br>Salad bar | <b>30</b> FAT FREE MILK<br>Build your own Nacho Bar<br>Meat and cheese<br>Lettuce/tomato/salsa/sr cream<br>Black bean and corn fiesta<br>Fresh apple slices<br>Salad bar                         | <b>31</b> FAT FREE MILK<br>CHICKEN BOWL<br>Popcorn chicken<br>Mashed potatoes and gravy<br>Whole grain dinner roll<br>Golden Savory Corn<br>Applesauce<br>Salad bar                           |  |

### News

CHECK OUT OUR EXPANDED SALAD BARS INCLUDED WITH ALL MEALS

SECOND LUNCH CHOICE AVAILABLE

**SALAD BAR ITEMS OFFERED DAILY INCLUDE: ROMAINE LETTUCE, TOMATOES, CELERY, CARROTS, GREEN PEPPERS, CUCUMBERS, ONIONS, BROCCOLI, AND CAULIFLOWER**

**MILK CHOICES INCLUDE FLAVORED AND UNFLAVORED FAT FREE MILK DAILY WITH ALL MEALS**