

May 2017

JR/SR High School

LUNCH

| | Breakfast 7:30 – 8:00 | | Lunch | |
|---------|-----------------------|--------|---------|--------|
| | Reduced | Paid | Reduced | Paid |
| Student | .25 | \$1.80 | .25 | \$2.35 |
| Adults | | \$2.40 | | \$3.80 |

MENU SUBJECT TO CHANGE



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

Chicken Jambalaya w/Rice 1
V: Seafood Jambalaya w/Rice
Corn
Apple Sauce
Asst. Milk

Tuesday

Tacos 2
V: Fish Tacos
Black Bean Salsa
Peaches
Asst. Milk

Wednesday

Ham & Cheese Croissant 3
V: Cheese Croissant
Tomato Soup & Carrots Sticks
Pears
Asst. Milk
Hash Brown

Thursday

Lasagna 4
V: Vegetable Lasagna
Green Beans
Mixed Fruit
Asst. Milk

Friday

Pepperoni Pizza 5
V: Cheese Pizza
Caesar Salad
Fresh Honeydew
Asst. Milk

Hot Dog on a Roll 8
V: Baked Beans
Peaches
Asst. Milk
French Fries

Baked Potato Bar w/ Chili 9
Broccoli
Apple sauce
Asst. Milk

Chicken Quesadilla 10
V: Cheese Quesadilla
Carrot Sticks w/ Dip
Mixed Fruit
Asst. Milk
Hash Brown

Loaded Nachos w/Chili 11
V: Cheese Nachos
Corn
Pears
Asst. Milk

Mozzarella Cheese Sticks w/ Sauce 12
Baked Cookie
Toss Salad
Orange Wedges
Asst. Milk

Chicken Nuggets 15
V: Fish Nuggets
WG Gold Fish
Vegetarian Beans
Mixed Fruit
Asst. Milk

Sloppy Joe on a Roll 16
V: Fish on a Roll
Corn
Pears
Asst. Milk
Hash Brown

Turkey Club Wrap 17
V: Three Cheese Wrap
Green Bean
Peaches
Asst. Milk

Steak Umm on a Roll 18
V: Caprice Wrap
Cole Slaw
Apple Sauce
Asst. Milk
Potato Rounds

Cheese Pizza 19
Caesar Salad
Fresh Honeydew
Asst. Milk

Cheeseburger 22
V: Veggie Burger
Vegetarian Beans
Peaches
French Fries
Asst. Milk

Meatball Parm Sub 23
V: Three Cheese Sub
Tomato Salad
Apple sauce
Asst. Milk

Buffalo Chicken Wraps 24
V: Cheese Quesadilla
Broccoli
Mixed Fruit
Asst. Milk

French Toast Sticks w/Turkey Sausage 24
V: Falafel Patties
Corn
Pears
Asst. Milk

Pepperoni & Cheese Bread w/ Sauce 26
V: Cheese Bread w/ Sauce
Toss Salad
Fresh Honeydew
Asst. Milk

NO SCHOOL 29

Chicken Patty on a Roll 30
V: Falafel Patties on a Roll
Baked Beans
Mixed Fruit
Asst. Milk
French Fries

Loaded Nachos w/Chili 31
V: Cheese Nachos
Corn
Pears
Asst. Milk

