

High School Lunch Menu

May 2017

Macaroni and Cheese, Meatball Parm

> Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String side items

Fruit, juice

Ravioli , Nachos

Chicken Party, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

side items

Baked Beans, Tots Fruit, juice Penne w/Meatsauce, Mozzarella Sticks

Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

side items

Zucchini, Tots Fruit, juice Chicken Nuggets

w/Breadstick, Hot Dog, Calzone

Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese side items

Spinach, Tots Fruit, juice

5

Cinco De Mayo

Burrito Bar!!!! Chicken of Beef & Assorted Toppings Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

side items

Corn, Tots Fruit, juice

8

Sliders , Pizza Sticks, Nachos

Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

Steamed Corn, Tots

Fruit, juice

9

Chicken Mashed
Potato Bowl, Hot Dog,
Corn Dog

Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

Mixed Veggies, Tots

Fruit, juice

10

Penne Bake, Beef Burrito,

Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

Carrots, Tots

Fruit, juice

11

Meatloaf w/mashed Potato and Gravy, Chicken Tenders.

Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

Baked Beans, Tots Fruit, juice 12

Pulled Pork Sandwich, Tacos, Chicken Nuggets

Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

side iter

Broccoli, Tots Fruit, juice

15

Mozzerella Sticks w/Sauce, Meatball Parm

Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

Mixed Veggies, Tots

Fruit, juice

16

Salisbury Steak w/Mashed Potatoes , Chicken Tenders

Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

Green Beans, Tots

Fruit, juice

<u>17</u>

Sweet n Sour Chicken , Penne in a Pink Sauce

Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

Squash, Tots Fruit, juice 18

Chicken Enchiladas, Pulled Pork Sandwich, Calzone

Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

Campfire Beans, Tots
Fruit, juice

<u> 19</u>

Orange Popcorn Chicken, Cheese Quesadillas

Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

side ite

Broccoli, Tots Fruit, juice

77

Chicken Tenders, Sliders, Buffalo Chicken Panini

Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

Green Beans, Tots Fruit, juice 23

Sloppy Joe Sandwich, Ravioli

Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

side items

Spinach, Tots

Fruit, juice

24

Pizza Sticks, Penne Alfredo with Chicken

Chicken Patty Sandwich, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese

Baked Beans, Tots
Fruit, juice

25

General Tso's Popcorn Chicken w/Broccoli, Nachos

Chicken Patty Sandwich, Burger, Pizza Variety Yogurt Parfait w/ Granola and String

Zucchini, Sweet Potato Fries Fruit, juice 26

Memorial Day Recess

side items

29

Memorial Day Recess

30

Brunch For Lunch-French Toast w/Sausage and Hash Brown

Chicken Patty Sandwich, Burger, Pizza

Peas, Tots Fruit, juice 21

Sweet & Sour Chicken w/Broccoli and Rice, Fish Sticks

Chicken Patty Sandwich, Burger, Pizza Variety Yogurt Parfait w/ Granola and String

Carrots, Tots Fruit, juice 1

side item

ACE

Premium Cold Cuts Java Coffee!!!

side items



Local ingredients are always used when in season



Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.



Lunch \$2.75 Reduced .25c Adult \$3.61

side items

Pre Order Lunches

Lunch consists of Grain, Protein, Fruit/Veggie and Milk...Student must take a Fruit/Juice



Healthy Snacks!!

Concern, Question, let me know



Cara Dimarsico

Food Service Director 526-7847 ext 1321





High School Breakfast

May 2017

Egg and Cheese Sandwich

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice

Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

side items

Fresh Fruit, Juice

Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich, Waffles!!!!

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice

Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice

Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

side items

Fresh Fruit, Juice

Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim 10

Egg and Cheese Sandwich, Waffles!!!!

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice Milk: Skim. 1%. Chocolate Skim

Egg and Cheese Sandwich

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim 16

Egg and Cheese Sandwich

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich, Waffles!!!!

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

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Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

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Fresh Fruit, Juice

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Egg and Cheese Sandwich

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Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

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Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich, Waffles!!!!

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice

Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Memorial Day Recess

side items

Memorial Day Recess

30

Egg and Cheese Sandwich

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich, Waffles!!!!

Yogurt Parfait w/Fruit and Granola Hot and Cold Cereal Variety, Donuts Breakfast Bars, Pop Tarts, Muffins

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

side items

Waffle Wednseday!!! Java City Coffee

side items



Local ingredients are always used when in season



Ovo-Lacto Vegetarian. may contain Egg & Milk

Breakfast \$1.25 Reduced .25c

Healthy Choices

side items

Questions or Concerns, or ideas...Let me know





Food Service Director 526-7847 ext 1321



Nutritional Messages may vary by school.

This institution is an equal opportunity provider.