

MAY HIGH SCHOOL MENU

MONDAY 5/6	TUESDAY 5/7	WEDNESDAY 5/8	THURSDAY 5/9	FRIDAY 5/10
<p>Curry Chicken Breast Pulled Barbecue Pork on a Whole Grain Bun Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Rice and Peas Steamed Green Beans California Blend Vegetables Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Oven Fried Pork Chops with Gravy Chicken Patty Sandwich with Lettuce, Tomato and Cheese on a Whole Grain Bun Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Steamed Mixed Vegetables Southwestern Garden Salad Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Barbecue Chicken Tenders Ranch Italian Sausage and Peppers Sub Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Cucumber Watermelon Salad Texas Cheese Fries Fresh Hand Fruit and Apple Sauce 1% Milk or FF Chocolate Milk</p>	<p>Roasted Cod with Tomatoes and Mushrooms Seafood Newburg Crepe Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Steamed Asparagus Au Gratin Potatoes Fresh Hand Fruit and Diced Peaches 1% Milk or FF Chocolate Milk</p>	<p align="center">Professional Day No School</p>
MONDAY 5/13	TUESDAY 5/14	WEDNESDAY 5/15	THURSDAY 5/16	FRIDAY 5/17
<p>Honey Lime Roasted Chicken Hot Roast Beef Sandwich on a Whole Grain Bun with Thin Sliced Onions, Lettuce and Tomato Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Brown Dirty Rice and Beans California Blend Vegetables Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Spaghetti and Meat Sauce Barbecue Chicken Sandwich on a Whole Grain Bun with Lettuce and Tomatoes Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Steamed Broccoli Southwestern Garden Salad Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Whole Grain Fish Sticks with Tarter Sauce Meatball Sub on a Whole Grain Roll Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Cole Slaw Sweet Potato Fries Fresh Hand Fruit and Apple Sauce 1% Milk or FF Chocolate Milk</p>	<p>Chicken Soft Tacos Vegetable Quesadilla Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Spanish Brown Rice and Beans Key Largo Vegetables Fresh Hand Fruit and Diced Peaches 1% Milk or FF Chocolate Milk</p>	<p>Italian Sausage or Cheese Whole Grain Pizza with Homemade Sauce Jerk Fish Wrap Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Tossed Salad with Low Fat Dressing, Roasted Potato and Vegetable Medley Fresh Hand Fruit and Pears 1% Milk or FF Chocolate Milk</p>
MONDAY 5/20	TUESDAY 5/21	WEDNESDAY 5/22	THURSDAY 5/23	FRIDAY 5/24
<p>Sesame Chicken Shrimp Lo Mein Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Vegetable Egg Roll Fried Rice Fresh Hand Fruit and Fresh Cantaloupe 1% Milk or FF Chocolate Milk</p>	<p>Honey Barbecue Pork Baked Macaroni and Cheese Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Sweet Northern Cornbread Apple and Grape Cole Slaw Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Grilled Cheeseburger on a Whole Grain Bun Grilled Veggie Burger with Cheese on a Whole Grain Bun Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Potato and Egg Salad Steamed Broccoli Fresh Hand Fruit and Diced Pears 1% Milk or FF Chocolate Milk</p>	<p>Citrus Roasted Chicken Loaded Hot Dogs on a Whole Grain Bun Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Barbecue Baked Beans Lemony Carrots Fresh Hand Fruit and Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Barbecue Chicken or Cheese Whole Grain Pizza with Homemade Sauce Cheese Steak Sub on a Whole Grain Roll Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Spinach Salad Steamed Mixed Vegetables Fresh Hand Fruit, Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>
MONDAY 5/27	TUESDAY 5/28	WEDNESDAY 5/29	THURSDAY 5/30	FRIDAY 5/31
<p align="center">Memorial Day No School</p>	<p>Oven Fried Chicken and Waffles with Sugar Free Syrup Sloppy Joe Sandwich on a Whole Grain Bun Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Green Bean Casserole Cheesy Grits Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Beef Lasagna with Marinara Sauce and a Whole Grain Roll Chicken Cheese Steak Sub on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Steamed Mixed Vegetables, Garlic Breadsticks Fresh Hand Fruit and Apple Sauce 1% Milk or FF Chocolate Milk</p>	<p>Barbecue Ranch Sliced Flank Steak Grilled Cheese on Texas Toast Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Mexican Street Corn Vegetable Pasta Salad Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Pepperoni or Cheese Whole Grain Pizza with Homemade Sauce Buffalo Chicken Mac and Cheese Build your own Salads and Made to Order Sandwiches, with Whole Grain Breads and Low Fat Dressings Steamed Broccoli Cucumber Watermelon Salad Fresh Hand Fruit, Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>