

MAY HIGH SCHOOL MENU 2017-2018

Monday 4/30	Tuesday 5/1	Wednesday 5/2	Thursday 5/3	Friday 5/4
<p>Roast Turkey with Gravy and WG Roll OR Hot Dog on WW Bun with Mustard OR OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Roasted Sweet Potato Broccoli Florets Fresh Fruit and Applesauce 1% Milk or FF Chocolate Milk</p>	<p>Beef Stew and WG Biscuit OR BBQ Chicken Sandwich on WW Bun OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">Whole Kernel Corn Marinated Vegetable Salad Fresh Fruit and Pineapple 1% Milk or FF Chocolate Milk</p>	<p>Shepherd Pie with WW Roll, Carrots and Pineapple Coleslaw OR Selection of Pre-made Salads with WW Roll and Dressing</p> <p style="text-align: center;">Orange Juice and Fresh Apple 1% Milk or FF Chocolate Milk</p>	<p>Asian Baked Chicken with WG Roll OR Egg and Sausage WG Sandwich OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">California Blend Seasoned Spinach Fresh Fruit and Pears 1% Milk or FF Chocolate Milk</p>	<h3>PROFESSIONAL DAY</h3>
Monday 5/7	Tuesday 5/8	Wednesday 5/9	Thursday 5/10	Friday 5/11
<p>Spaghetti and Meat Sauce Casserole WG Bread Stick OR Turkey Burger on WW Bun with Tomato, Lettuce and Ketchup OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">Green Peas Golden Chef Cut Vegetables Fresh Fruit and Pears 1% Milk or FF Chocolate Milk</p>	<p>Herb Baked Chicken with WG Roll OR Steak/Cheese on WG Hoagie OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">Broccoli Florets Cucumber and Tomato Salad Fresh Fruit and Applesauce 1% Milk or FF Chocolate Milk</p>	<p>Beef, WG Macaroni and Tomato Casserole with Creamy Coleslaw, WG Roll and Carrots OR Selection of Pre-made Salads with WW Roll and Dressing</p> <p style="text-align: center;">Apple Juice and Fresh Orange 1% Milk or FF Chocolate Milk</p>	<p>Salisbury Steak with Gravy and WG Roll OR Spicy Chicken Burrito OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">Roasted Sweet Potatoes Whole Kernel Corn Fresh Fruit and Peaches 1% Milk or FF Chocolate Milk</p>	<p>Sausage or Cheese Pizza WG Crust OR Chicken Pattie WG Sandwich and Mayo Sauce OR OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">BBQ Baked Beans Tossed Salad with Dressing Fresh Fruit and Pineapple 1% Milk or FF Chocolate Milk</p>
Monday 5/14	Tuesday 5/15	Wednesday 5/16	Thursday 5/17	Friday 5/18
<p>Roast Turkey with WG Stuffing, WW Roll and Gravy OR Sloppy Joe Sandwich on WW Bun OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Mashed Potatoes Broccoli Florets Fresh Fruit and Peaches 1% Milk or FF Chocolate Milk</p>	<p>Meat and Cheese Lasagna with WG Bread Stick OR Crunchy Pollack Burger on WW Bun with Tartar Sauce OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">Green Beans Marinated Vegetable Salad Fresh Fruit and Pears 1% Milk or FF Chocolate Milk</p>	<p>WG Taco Casserole with Carrot Coins, Southwestern Coleslaw, and WG Roll OR Selection of Pre-made Salads with WW Roll and Dressing</p> <p style="text-align: center;">Orange Juice and Fresh Apple 1% Milk or FF Chocolate Milk</p>	<p>Carolina BBQ Chicken with WG Roll OR Turkey Caritas Burrito on WG Tortilla OR Selection of Pre-made Salads and Sandwiches with WW Roll</p> <p style="text-align: center;">Sweet Potatoes Fries Seasoned Collard Greens Fresh Fruit and Pineapple 1% Milk or FF Chocolate Milk</p>	<p>Hamburger or Cheese Pizza on WG Crust OR Hot Dog on WW Bun with Mustard OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Baked Beans Mixed Green Salad with Dressing Fresh Fruit and Applesauce 1% Milk or FF Chocolate Milk</p>
Monday 5/21	Tuesday 5/22	Wednesday 5/23	Thursday 5/24	Friday 5/25
<p>Krispy Chicken with WG Roll OR Fish Sandwich on WW Bun with Tartar Sauce OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">Green Peas Pacific Chef Cut Vegetables Fresh Fruit and Pineapples 1% Milk or FF Chocolate Milk</p>	<p>Turkey Pot Pie with WG Roll OR Meatball Sub on WG Bun OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Roasted Sweet Potatoes Spinach and Tomato Salad Fresh Fruit and Peaches 1% Milk or FF Chocolate Milk</p>	<p>Cheesy Beef Casserole with Carrot Coins, Confetti Coleslaw and WG Roll OR Selection of Pre-made Salads with WW Roll and Dressing</p> <p style="text-align: center;">Apple Juice and Fresh Orange 1% Milk or FF Chocolate Milk</p>	<p>Meatloaf with WG Roll and Gravy OR Grilled Turkey and Cheese Sandwich on WG Bun OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Mashed Potatoes Broccoli Florets Fresh Fruit and Applesauce 1% Milk or FF Chocolate Milk</p>	<p>BBQ Chicken or Cheese Pizza on WG OR Southwestern Turkey Burger on WW Bun Lettuce, Tomato and Ketchup OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Spicy Baked Beans Tossed Salad with Dressing Fresh Fruit and Pears 1% Milk or FF Chocolate Milk</p>