



**High School Grades 9-12 Lunch Menu  
May 2018**

	Monday 5/7	Tuesday 5/8	Wednesday 5/9	Thursday 5/10	Friday 5/11
<b>Entrée – choose 1</b> <small>choose</small>	*Chicken Drumstick & Waffle (37g)  *Turkey Sausage & Pepperoni Pizza (36g)  *Fiesta Nachos (36g)	*Salisbury Steak Ciabatta (39g)  *Turkey Corn Dog (30g)  **Cheese Stuffed Breadsticks with Spaghetti Sauce (58g)	*Spicy Chicken Patty on Bun (34g)  *Pepperoni Pizza (35g)  *Taco Salad with Tortilla Chips (27g) & Cornbread (29g)	*Cheeseburger on Bun (26g)  *Orange Chicken over Rice (77g)  **Toasted Cheese Sandwich (32g)	*Chicken Tenders (12g) & Breadstick (17g)  **Veggie Pizza (43g) or Cheese Pizza (35g)  *Cook's Choice
	<b>COLD ENTREES</b>  *Turkey Ham & Cheese Sub (31g)  **Vegetarian Salad (22g) & Muffin (26-28g)	<b>COLD ENTREES</b>  *BBQ Chicken Wrap (49g)  *Cobb Salad (20g) & Muffin (26-28g)	<b>COLD ENTREES</b>  *Turkey & Cheese Sub (29g)  **Yogurt Parfait (72-91g) & Muffin (26-28g)	<b>COLD ENTREES</b>  **Vegetarian Sub (40g)  *Italian Salad (10g) & Breadstick (17g)	<b>COLD ENTREES</b>  *Turkey Ham & Cheese Wrap (36g)  *Chef Salad (25g) & Breadstick (17g)
<b>Choose 1 or more</b>	*Green Beans (5g)  **Black beans (22g)	*Mashed Potatoes with Gravy (23g)  *Brussels Sprouts (7g)	*Corn (17g)	**Potato of Choice (14-37g)  *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g)  *Hot Peach Slices (28g)

**WEEK 2**


	Monday 5/14	Tuesday 5/15	Wednesday 5/16	Thursday 5/17	Friday 5/18
<b>Entrée – choose 1</b>	**Veggie Burger (40g) or Hamburger on Bun (25g)  *Beef Enchilada Dip with Tortilla Chips (34g) & Cornbread (29g)  *Buffalo Chicken Pizza (36g)	**Cheese & Bean Enchilada (42g)  **Macaroni-n-Cheese (25g) & Cornbread (29g)  *Chicken Patty on Bun (34g)	*Philly Steak & Cheese Sub (33g)  *Pepperoni Pizza (35g)  *Turkey Sausage & French Toast Sticks (58g)	*Nacho Burger on Bun (26g)  *Turkey Divan (33g) & Breadstick (17g)  *Cook's Choice	*BBQ Chicken on Bun (34g)  **Veggie Pizza (43g) or Cheese Pizza (35g)  *Cook's Choice
	<b>COLD ENTREES</b>  *Italian Sub (30g)  *Cobb Salad (20g) & Muffin (26-28g)	<b>COLD ENTREES</b>  *Turkey & Cheese Wrap (35g)  *Egg Combo Box (34-59g)	<b>COLD ENTREES</b>  *Regular (43g) or Spicy Chicken Wrap (43g)  **Yogurt Parfait (72-91g) & Muffin (26-28g)	<b>COLD ENTREES</b>  **Vegetarian Sub (40g)  *Crispy Chicken Salad (27g) & Breadstick (17g)	<b>COLD ENTREES</b>  *Turkey Ham & Cheese Sub (31g)  *Chef Salad (25g) & Cornbread (29g)
<b>Choose 1 or more</b>	*Collard Greens (4g)  **Black beans (22g)	*Potato of Choice (14-37g)  *Green Beans (5g)	*Corn (17g)  *Hot Apple Slices (20g)	*Potato of Choice (14-37g)  *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	*Steamed Broccoli (2g)

**WEEK 3**

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. \*\*Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 4/25/2018



**High School Grades 9-12 Lunch Menu  
May 2018**

	Monday 5/21	Tuesday 5/22	Wednesday 5/23	Thursday 5/24	Friday 5/25
<b>Entrée – choose 1</b>	*Taco Salad with Tortilla Chips (24g) & Cornbread (27g)  *Meatball Sub (44g)  *Pepperoni Pizza (35g)	*Chicken Nuggets (15g) & Breadstick (17g)  *BBQ Beef Rib Panini (42g)  **Cheese Stuffed Breadsticks with Spaghetti Sauce (58g)	*Cheeseburger on Bun (26g)  **Cheese Pizza (36g)  *Chicken Fajita (39g)	 Ohio Day Chicken Tenders (17g) & Breadstick (17g)  **Cheese & Bean Enchilada (42g)  *Spaghetti with Meat Sauce (34g) & Breadstick (17g)	*Hamburger on Bun (25g)  **Veggie Pizza (43g) or Cheese Pizza (35g)  *Cook's Choice
	<b>COLD ENTREES</b>  *Italian Sub (30g)  **Vegetarian Salad (22g) & Cornbread (29g)	<b>COLD ENTREES</b>  **Vegetarian Sub (40g)  *Cobb Salad (20g) & Breadstick (17g)	<b>COLD ENTREES</b>  *BBQ Chicken Wrap (49g)  **Yogurt Parfait (72-91g) & Muffin (26-28g)	<b>COLD ENTREES</b>  *Turkey & Cheese Sub (29g)  *Italian Salad (10g) & Breadstick (17g)	<b>COLD ENTREES</b>  *Turkey Ham & Cheese Wrap (36g)  *Crispy Chicken Salad (27g) & Breadstick (17g)
<b>Choose 1 or more</b>	*Corn (17g)  **Black beans (22g)	*Potato of Choice (14-37g)  *Green Beans (5g)	*Steamed Cabbage (3g)	*Steamed Broccoli (2g)	*Italian Mixed Vegetables – zucchini, carrot, cauliflower, Italian green beans & lima beans (5g)

**WEEK 4**

	Monday 5/28	Tuesday 5/29	Wednesday 5/30	Thursday 5/31	Friday 6/1
<b>Entrée – choose 1</b>		*Philly Steak & Cheese Sub (33g)  *Buffalo Chicken Grab Wraps (40g)  *Cook's Choice	*Pepperoni Pizza (35g)  *Turkey & Cheese Melt (31g)  *Cook's Choice	*Cheesy Chicken Crunch Wrap (57g)  **Veggie Burger (40g) or Cheeseburger on Bun (27g)  *Cook's Choice	
	<b>MEMORIAL DAY</b>  <b>NO SCHOOL</b>	<b>COLD ENTREES</b>  *Turkey & Cheese Sub (29g)  **Vegetarian Salad (22g) & Breadstick (17g)	<b>COLD ENTREES</b>  *Turkey Ham & Cheese Sub (31g)  **Yogurt Parfait (72-91g) & Muffin (26-28g)	<b>COLD ENTREES</b>  *Italian Sub (30g)  *Egg Combo Box (34-59g)	<b>NO SCHOOL</b> 
<b>Choose 1 or more</b>		*Steamed Broccoli (2g)  **Garbanzo beans (20g)	*Corn (17g)  *Hot Apple Slices (20g)	*Potato of Choice (14-37g)  *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	

**WEEK 1**

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. \*\*Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 4/25/2018