



**High School Grades 9-12 Lunch Menu
May 2019**

	Lean & Green Monday 5/6	Tuesday 5/7	Wednesday 5/8	Thursday 5/9	Friday 5/10
Entrée – choose 1	**Chili Cheese Wrap (37g)	*Salisbury Steak on Bun (34g)	*Chicken Patty on Bun (34g)	*Cheeseburger on Bun (26g)	*Chicken Tenders (12g) & Breadstick (17g)
	**Cheesy Crescent Roll (33g)	*Turkey Corn Dog (30g)	*Pepperoni Pizza (35g)	*Cook's Choice	**Veggie Pizza (43g) or Cheese Pizza (35g)
	**French Toast Sticks with Egg (59g)	**Cheese Stuffed Breadsticks with Spaghetti Sauce (37g)	*Taco Salad with Tortilla Chips (29g) & Cornbread (29g)	**Toasted Cheese Sandwich (32g)	*Cheese and Chicken Burrito (53g)
	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES
	**Sun Butter Grab-n-Go (71-77g)	*Cook's Choice	*Turkey & Cheese Sub (29g)	**Veg Out Sub (40g)	*Turkey Ham & Cheese Wrap (36g)
	**Super Garden Salad (13g) & Muffin (26-28g)	*Cobb Salad (12g) & Muffin (26-28g)	**Yogurt Parfait (72-91g) & Muffin (26-28g)	*Italian Salad (10g) & Breadstick (17g)	*Chef Salad (17g) & Breadstick (17g)
Choose 1 or more	*Green Beans (5g)	*Mashed Potatoes with Gravy (23g)	*Corn (17g)	**Potato of Choice (14-37g)	*Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g)
		*Brussels Sprouts (7g)	**Black beans (22g)	*Steamed Broccoli (2g)	*Hot Peach Slices (28g)



WEEK 2

	Lean & Green Monday 5/13	Tuesday 5/14	Wednesday 5/15	Thursday 5/16	Friday 5/17
Entrée – choose 1	**Veggie Pasta Bake (41g) & Breadstick (17g)	**Cheese & Bean Enchilada (42g)	*Philly Steak & Cheese Sub (33g)	*Hamburger on Bun (25g)	*Spicy Chicken Tenders (9g) & Cornbread (29g)
	**Blazin' Buffalo Wrap (51g)	**Macaroni-n-Cheese (25g) & Cornbread (29g)	*Fiestada Pizza (43g)	*Turkey Divan (33g) & Cornbread (29g)	**Veggie Pizza (43g) or Cheese Pizza (35g)
	**Vegetable Egg Roll (22g) & Egg Fried Rice (29g)	*Chicken Patty on Bun (34g)	*Turkey Sausage & French Toast Sticks (58g)	*Hot & Spicy Chicken Drumstick (6g) & Biscuit (27g)	*Fiesta Nachos (36g)
	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES
	**Egg Salad on Croissant (32g)	*Turkey & Cheese Wrap (36g)	*Regular (44g) or Spicy Chicken Wrap (42g)	**Veg Out Sub (40g)	*Turkey Ham & Cheese Sub (31g)
	**Cottage Cheese (6g) + Muffin (26-28g) + Fruit	**Egg Combo (34-59g)	**Yogurt Parfait (72-91g) & Muffin (26-28g)	*Crispy Chicken Salad (27g) & Cornbread (29g)	*Chef Salad (17g) & Cornbread (29g)
Choose 1 or more	*Green Beans (5g)	*Potato of Choice (14-37g)	*Corn (17g)	*Potato of Choice (14-37g)	*Steamed Broccoli (2g)
	**Black beans (22g)	*Collard Greens (4g)	*Hot Apple Slices (20g)	*California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	



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 5/10/2019



	Lean & Green Monday 5/20	Tuesday 5/21	Wednesday 5/22	Thursday 5/23	Friday 5/24
Entrée – choose 1	**Cheese Pizza (35g) **Pro Bean Chili (30g) & 2 Cornbread (58g) **Veggie Burger on Bun with BBQ (44g) or with Cheese (40g)	*Chicken Nuggets (15g) & Breadstick (17g) *BBQ Beef Rib Sub (40g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (48g)	 Ohio Day Beef & Bean Burrito (45g) *Pepperoni Pizza (35g) *Sloppy Joe on Bun (36g)	**Cheese & Bean Burrito (40g) *Chicken Drumstick & Waffle (34g) *Spaghetti with Meat Sauce (34g) & Breadstick (17g)	*Hamburger on Bun (25g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chicken Fajita (39g)
	COLD ENTREES **Sun Butter Grab-n-Go (71-77g) **Super Garden Salad (13g) & Cornbread (29g)	COLD ENTREES **Veg Out Sub (40g) *Cobb Salad (12g) & Breadstick (17g)	COLD ENTREES * Cook's Choice **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES *Turkey & Cheese Sub (29g) *Italian Salad (10g) & Breadstick (17g)	COLD ENTREES *Turkey Ham & Cheese Wrap (36g) *Crispy Chicken Salad (27g) & Breadstick (17g)
Choose 1 or more	*Corn (17g) **Black beans (22g)	*Potato of Choice (14-37g) *Green Beans (5g)	 Ohio Day Asparagus (4g)	*Steamed Broccoli (2g)	*Italian Mixed Vegetables – zucchini, carrot, cauliflower, Italian green beans & lima beans (5g)

WEEK 4

	Lean & Green Monday 5/27	Tuesday 5/28	Wednesday 5/29	Thursday 5/30	Friday 5/31
Entrée – choose 1		*Southwest Burger on Bun (26g) *Chicken and Cheese Taquitos (30g) *Lasagna (34g) & Breadstick (17g)	*Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g) *Pepperoni Pizza (35g) *Turkey & Cheese Melt (31g)	*Hot Italian Sub (30g) *Cheesy Chicken Crunch Wrap (56g) **Veggie Burger (39g) or Cheeseburger on Bun (27g)	
	Memorial Day No School 	COLD ENTREES *Turkey & Cheese Sub (29g) ** Cook's Choice	COLD ENTREES *Turkey Ham & Cheese Sub (31g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES * Cook's Choice **Egg Combo (34-59g)	No School 
Choose 1 or more		*Collard Greens (4g) **Garbanzo beans (20g)	*Corn (17g) *Hot Apple Slices (20g)	*Potato of Choice (14-37g) *Edamame Medley – edamame, corn, carrots, & red peppers (8g)	

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 5/10/2019