

Jr-Sr High School Lunch

May 2016

Monday

Crispy Chicken
on Bun(45) or
Cheeseburger
on Bun (33)

2

Broccoli w/Cheese(5)

Popcorn Chicken(13)
w/HMD Bread (16) or
Jeff Rib on Bun (44)

9

Cowboy Beans (17)

Jeff Chef
Special Selection

16

23

30

Tuesday

Spaghetti Sauce (5)
w/Rotini(42) Breadstick(16) or
Jeff Rib on Bun (44)

3

Fresh Veggies

Macho Nacho
(7-8 (24) (9-12 (40) or
Cheeseburger on Bun (33)

10

Refried Bean (23)

Jeff Chef
Special Selection

17

24

31

Wednesday

Sausage Links(2)
w/Pancakes(27) &
Syrup(30) or
Chicken Wrap (24)

4

Tater Tots(20)

Assorted HMD Pizza or
Chicken & Cheese
Flatbread (25)

11

Corn(16)

LAST DAY OF SCHOOL

18

NOON
DISMISSAL
NO LUNCH SERVED

25

Thursday

Breaded Pork Cutlet
on Bun (42) or
Roasted Chicken
on bun (33)

5

Baked Beans(29)

Oven Fried Chicken(11)
w/HMD Bread(16) or
Ham & Cheese Wrap(25)

12

Mashed Potatoes(17)
Gravy(4)

19

26

Friday

Build your own
Chicken Wrap (38) or
Sloppy Joe on Bun(24)

6

Corn (16)

Cheeseburger
on Bun (33) or
Roasted Chicken
on Bun (33)

13

Seasoned Fries (25)

20

27

Menu Information

Assorted Variety Deli
Sandwiches, Chef Salad, and
Yogurt/Cheese offered Daily.

(##) denotes carb counts in
serving size for that menu item
will include any items that is
always served together.

Deli Sandwich (Turkey/Cheese or
Ham/Cheese) (32)
Chicken Salad on Deli Bun(36) or
Tuna Salad on Deli Bun (34)

Chef Salad is served each day w/
1 slice Homemade WG Bread &
Croutons (30)

Yogurt/Cheese is served each day
w/ 1 slice HMD WG Bread &
Granola(47)

HMD=Homemade
WG=Whole Grain

All grain items served for Lunch
are Whole Grain Rich

**USDA is an Equal
Opportunity
Provider and
Employer.**

Did you know...

Mother's Day is always the second
Sunday in May in the United States.

