

# WE ♥ SUMMER VEGETABLES

## High School Lunch Cycle Menu

May 30 - June 6  
SIMPLY GOOD

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (includes a source of protein and grain/bread accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. All grains are whole grain rich. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	<b>Memorial Day</b>  <b>No School</b>	Spaghetti w/Marinara sauce & Mozzarella Cheese	Mac-N-Cheese w/ Dinner Roll	Steak and Cheese Sub	Haitian Style Fish w/Red Beans & Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts		Pizza Chef is Off Today!	Off Again Today!	And Yet Again!	<b>Homemade Square Pizza</b> Cheese  Veggie Lovers  Hawaiian
 Tasty Hand-Held Hot Sandwiches		Off Today!	Off Today!	Teriyaki Veggie Burger	And Yet Again!
 Grab & Go Cold Sandwiches and Salads		Chicken Salad Sandwich	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/ Garlic Bun	Turkey and Cheese Sub w/Fresh Lettuce and Tomato
 Hot & Cold Sides Available at All Stations		Seasoned Carrots  Fresh Cucumber Coins  Pineapple Cup Assorted Fresh Fruit	Roasted Broccoli  Fresh Baby Carrots  Fresh Orange Assorted Fresh Fruit	Seasoned Corn  Homemade Confetti Coleslaw  Fresh Banana Assorted Fresh Fruit	Southwest Pinto Beans  Fresh Romaine & Tomato Side Salad  100% Fruit Punch Assorted Fresh Fruit

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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Spaghetti w/Turkey Meat Sauce OR Spaghetti w/Marinara Sauce & Mozzarella Cheese	Chicken Nuggets w/ Mumbo Sauce and Cornbread	<b>Strawberries &amp; Salad Greens Day</b>  Baked Chicken Drumstick with Garlic Bun	Spicy Asian Chicken w/Brown Rice OR Veggie Lo Mein	Mac-N-Cheese w/Dinner Roll
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	<b>Homemade Square Pizza</b> Cheese  Veggie Lovers  Hawaiian	Off Again Today!	And Yet Again!	<b>Homemade Square Pizza</b> Cheese  Veggie Lovers  Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Off Today!	Homemade Grilled Cheese	Off Today!	Chicken Salad Sandwich	And Yet Again!
 Grab & Go Cold Sandwiches and Salads	BBQ Chicken Salad w/Romaine Lettuce, Black Beans, and Mozzarella Cheese w/Garlic Bun	Assorted Deli Meat Sandwich on Whole Grain Roll	<b>Local Greens Salad w/Spring Mix Greens, Tomatoes, Local Cucumber, Cheese, and Garlic Bun</b>	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/ Garlic Bun	Turkey and Cheese Sub w/Fresh Lettuce and Tomato
 Hot & Cold Sides Available at All Stations	Green Beans Italiano  Fresh Baby Carrots  <b>Fresh Local Apple</b> Assorted Fresh Fruit	Roma Roasted Red Potatoes  Fresh Cucumber and Tomato Salad  Pineapple Cup Assorted Fresh Fruit	Glazed Carrots  <b>Local Field Greens</b>  <b>Fresh Local Strawberries</b> Assorted Fresh Fruit	Fiesta Black Beans  Fresh Romaine and Tomato Side Salad  Fresh Banana Assorted Fresh Fruit	Sweet Potato Fries  Fresh Tuscan Kale Salad  100% Fruit Punch Assorted Fresh Fruit

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SIMPLY  
Jun 13 GOOD

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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Manager's Choice	Manager's Choice	Manager's Choice		
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Manager's Choice	Pizza Chef is Off Today!	<b>Bagged Lunch</b>  Deli or Vegetarian Sandwich, Veggies, Fruit & Milk	<b>Bagged Lunch</b>  Deli or Vegetarian Sandwich, Veggies, Fruit & Milk
 Tasty Hand-Held Hot Sandwiches	Manager's Choice	Manager's Choice	Manager's Choice		
 Grab & Go Cold Sandwiches and Salads	Manager's Choice	Manager's Choice	Manager's Choice		
 Hot & Cold Sides Available at All Stations	Hot Vegetable Cold Vegetable Fresh or Cupped Fruit	Hot Vegetable Cold Vegetable Fresh or Cupped Fruit	Hot Vegetable Cold Vegetable Fresh or Cupped Fruit		

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UPDATED 5/16