



## High School Lunch Cycle Menu with Salad Bar

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	Mac-N-Cheese w/ Dinner Roll	Rotini Pasta w/ Turkey Meat Sauce OR Rotini w/Marinara sauce & Mozzarella Cheese	Haitian Style Fish w/Red Beans & Brown Rice	Cheeseburger	<b>PROFESSIONAL DEVELOPMENT DAY NO SCHOOL</b>
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	<b>Homemade Pizza on Whole Grain Crust</b> Cheese Veggie Lovers Hawaiian	Off Again Today!	<b>Homemade Pizza on Whole Grain Crust</b> Cheese Veggie Lovers Spicy Chicken	
 Tasty Hand-Held Hot Sandwiches	Buffalo Chicken Wrap	Chicken Salad Sandwich	<b>Gözleme</b> (Savory Turkish Flatbread filled with Kale & Mozzarella Cheese)	Teriyaki Veggie Burger	
 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	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/ Garlic Bun	
 Hot & Cold Sides Available at All Stations	Seasoned Corn Fresh Baby Carrots Fresh Local Apple Assorted Fresh Fruit	Glazed Carrots Fresh Broccoli Florets Pineapple Cup Assorted Fresh Fruit	Baked Beans Fresh Local Kale Caesar Salad Fresh Orange Assorted Fresh Fruit	Green Beans Italiano Fresh Romaine & Tomato Salad Fresh Banana Assorted Fresh Fruit	
 Self-Serve Salad Bar Available Daily	<p align="center"><b>Start With:</b> Fresh Romaine Mix, Spinach</p> <p align="center"><b>Add On Veggies:</b> Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame</p> <p align="center"><b>Finish with</b></p> <p align="center"><b>Protein:</b> Diced Turkey Ham, Sliced Eggs, Black Beans, Spicy Garbanzo Beans, Shredded Cheddar</p> <p align="center"><b>Grain:</b> Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks</p>				

USDA is an equal opportunity provide and employer.



# High School Lunch Cycle Menu with Salad Bar

**SIMPLY GOOD**  
May 9-13

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 (meat or meat alternate w/whole grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. 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	Chicken Nuggets w/ Mumbo Sauce and Cornbread	Mac-N-Cheese w/Dinner Roll	<b>URUGUAY FOOD DAY</b>  Meat Tart with Mashed Sweet Potatoes & Garlic Bun	Veggie Chili w/ Cornbread	Chicken Drumstick and Waffle
			Off Again Today!		
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	<b>Homemade Pizza</b> Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	<b>Homemade Pizza</b> Cheese Veggie Lovers Spicy Chicken
		Tuna Salad Melt	Turkey Meatball Sub with Marinara & Mozzarella on a Sub	Vegetable Tart w/Mozzarella and Kale	Parmesan Chicken Sandwich
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/Fresh Romaine, Tomatoes, Local Cucumber, Cheese, and Garlic Bun	Assorted Deli Meat Sandwich on Whole Grain Roll	Turkey Ham, Cheese, Lettuce, Tomato Sandwich with Mustard	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/ Garlic Bun	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun
			Roasted Broccoli		
 Hot & Cold Sides Available at All Stations	Fresh Baby Carrots  Fresh Local Apple Assorted Fresh Fruit	Homemade Confetti Coleslaw  Pineapple Cup Assorted Fresh Fruit	Fresh Cucumber Coins	Fresh Local Tuscan Kale Salad  Fresh Banana Assorted Fresh Fruit	Fresh Roma Roasted Local Red Potatoes  Fresh Celery Sticks  100% Fruit Punch Assorted Fresh Fruit
			<b>Start With:</b> Fresh Romaine Mix, Spinach <b>Add On Veggies:</b> Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame <b>Finish with</b> <b>Protein:</b> Caesar Chicken, Sliced Eggs, Black Beans, Spicy Garbanzo Beans, Shredded Cheddar <b>Grain:</b> Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks		
 Self-Serve Salad Bar Available Daily					

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# High School Lunch Cycle Menu with Salad Bar

**SIMPLY GOOD**  
May 16-20

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 (meat or meat alternate w/whole grain accompaniments), 2 vegetable sides, 2 fruit side & choice of **1% or skim white milk**. 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	Cheeseburger with Lettuce & Tomato Garnish	Rotini Pasta w/Turkey Meat Sauce OR Rotini w/Marinara Sauce & Mozzarella Cheese	Pulled Turkey & Gravy Sandwich w/ Cranberry Sauce	Haitian Style Fish w/Red Beans & Brown Rice	Spicy Asian Chicken w/Ginger Lime Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	<b>Homemade Pizza</b> Cheese  Veggie Lovers  Hawaiian	Off Again Today!	And Yet Again!	<b>Homemade Pizza</b> Cheese  Veggie Lovers  Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Teriyaki Veggie Burger	Tuna Salad Melt	Turkey Meatball Sub with Marinara & Mozzarella on a Sub	<b>Gözleme</b> (Savory Turkish Flatbread filled with Kale & Mozzarella Cheese)	Mozzarella Pizza Melt
 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	Garden Salad w/Fresh Romaine, Tomatoes, <b>Local Cucumber</b> , Cheese, and 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	Baked Beans  Homemade Confetti Coleslaw  <b>Fresh Local Apple</b> Assorted Fresh Fruit	<b>Green Beans Italiano</b>  Fresh Baby Carrots  Pineapple Cup Assorted Fresh Fruit	Mashed Potatoes w/Turkey Gravy  Fresh Celery Sticks  Fresh Orange Assorted Fresh Fruit	Garlic Lemon Broccoli  Fresh Baby Carrots  Fresh Banana Assorted Fresh Fruit	Seasoned Carrots  Fresh Romaine and Tomato Salad  100% Fruit Punch Assorted Fresh Fruit
 Self-Serve Salad Bar Available Daily	<b>Start With:</b> Fresh Romaine Mix, Spinach  <b>Add On Veggies:</b> Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame  <b>Finish with</b> <b>Protein:</b> Chili Lime Chicken, <b>Sliced Eggs</b> , Black Beans, Spicy Garbanzo Beans, Shredded Cheddar <b>Grain:</b> Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks				



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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	<b>NO SCHOOL</b>  	Chicken Nuggets w/ Mumbo Sauce and Cornbread	Ukrainian Chicken Breast w/ Garlic Bun	Veggie Stir Fry	Capital City Chicken Drumstick w/Garlic Bun
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts		<b>Homemade Pizza</b> Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	<b>Homemade Pizza</b> Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches		Tuna Salad Melt	Turkey Meatball Sub with Marinara & Mozzarella on a Sub	Parmesan Chicken Sandwich	Uruguay Vegetable Tart w/ Mozzarella and Kale
 Grab & Go Cold Sandwiches and Salads		Garden Salad w/Fresh Romaine, Tomatoes, Local Cucumber, Cheese, and Garlic Bun	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/Dinner Roll	Turkey and Cheese Sub w/Fresh Lettuce and Tomato
 Hot & Cold Sides Available at All Stations		Seasoned Carrots Fresh Cucumber & Tomato Salad Pineapple Cup Assorted Fresh Fruit	Roma Roasted Red Potatoes Fresh Local Kale Caesar Salad Fresh Orange Assorted Fresh Fruit	Local Country Collard Greens Fresh Celery Sticks Fresh Banana Assorted Fresh Fruit	Southwestern Pinto Beans Fresh Baby Carrots 100% Fruit Punch Assorted Fresh Fruit
 Self-Serve Salad Bar Available Daily		<b>MANAGERS CHOICE</b> <b>COMPLETE WITH GREENS, VEGGIES, PROTEIN AND A GRAIN</b>			