

Jr / Sr High Lunch Menu



May 2019

In Season Cherries

Cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with things like chives, dairy products, and meats.



Monday

Tuesday

Wednesday

Thursday

Friday

Blank menu box for Monday.

Blank menu box for Tuesday.

Turkey, Bacon & Cheese Melt
Crispy Tator Tots
Green Beans **1**

Chicken Parmesan
Or Chicken Patty on Bun
Crinkly Sweet Potato Fries **2**

Assorted Classic Pizza
Romaine & Spinach Salad
No 10th grade- NYC **3**

French Toast Sticks
Scrambled Eggs
Orange Glazed Carrots **6**

Nachos w/ Meat & Cheese
Refried Beans
Golden Corn **7**

Crunchy Chicken Tenders
Seasoned Rice
Carrot Coins
6th grade visiting **8**

Hamburger or Cheeseburger
On WG Roll
Seasoned Potato Wedges
6th grade visiting **9**

Pepperoni Roll w/marinara Sauce
Romaine & Spinach Salad
6th grade visiting **10**

Toasty Grilled Cheese Sandwich
Campbell's Tomato Soup **13**

Chicken & Biscuits
Petite Peas **14**

Hot Dog or Cheese Dog on Bun
Baked Beans
Crispy Tator Tots
No 8th grade **15**

Breaded Chicken Drumsticks
Potato Salad
Green Beans **16**

Assorted Classic Pizza
Romaine & Spinach Salad **17**

Baked Ziti
Cheesy Breadstick
Roasted Broccoli **20**

Soft Shell Tacos
Rice
Refried Beans
Golden Corn **21**

Chicken Speidi Sub
Macaroni Salad
Petite Peas **22**

Pulled BBQ Pork On Roll
Coleslaw
Potato Wedges **23**

French Bread Pizza
Romaine & Spinach Salad **24**



Macaroni & Cheese
Crunchy Carrot Coins
WG Roll **28**

Ultimate Chicken Bowl
Whole Grain Roll
Chick Pea Salad **29**

Rotini w/ Meat Sauce
WG Roll
Cut Green Beans **30**

Assorted Classic Pizza
Romaine & Spinach Salad **31**

Announcements

Available Daily:

Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day
May Choose up to two (2)

NY Milk Choices:

1% White, Skim White
Skim Chocolate, Skim Strawberry (when available)

Daily Choices:

Chicken Patty
Cheeseburger, Hot Wrap of Day
Deli Bar
PB&J
Chef/Grilled Chicken Salad
NY Yogurt Parfait

Meal Prices

Breakfast and Lunch will be served at NO COST to Pre-K – 6th grade students for the 18/19 school year!

7th-12th Lunch will be \$2.00

Menu subject to change without notice.

This institution is an equal opportunity provider.