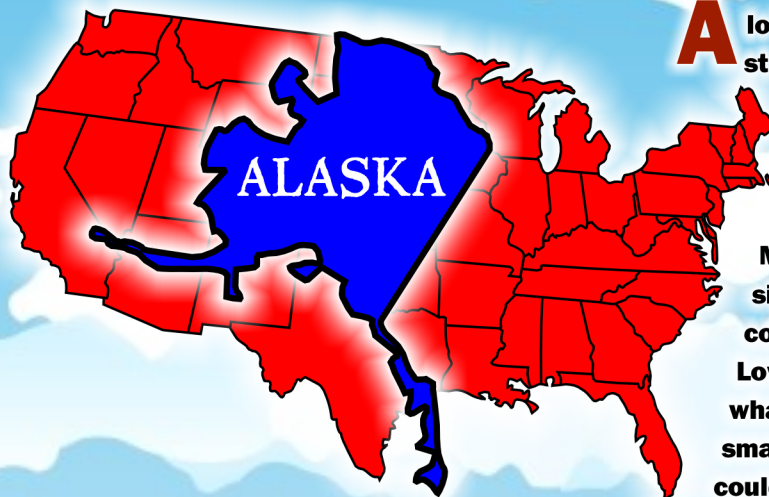


Menus for **May 2019**

High School Lunch Menu & Info

This institution is an equal opportunity provider. Menus are subject to change.



A lot of people in the “Lower 48” states don’t realize just how gigantic the state of Alaska is! The next three biggest states combined – Texas, California, and Montana – don’t equal the size of Alaska. And if you could put Alaska inside the Lower 48 states, this is about what it would look like. The smallest state, Rhode Island, could fit into Alaska 425 times!

Available Daily Choose One

- *Entrée of the Day
 - *Deli Line (assorted sandwiches)
 - *Cheeseburger on a Bun
 - *Domino’s Pizza
 - *To Go Lunches at “The Oasis”
- Vegetarian Options upon request
Assorted Milk & 100% Juice
with all Purchased Meals

Wednesday, May 1

“Nacho Grande”
*Mexican Taco (beef or pork) on Nacho Chips With Trimmings Mexican Rice
*Roasted Chicken Salad Wrap
Sides
Refried Beans
Mixed Fruit
Fresh Fruit
Tossed Salad

Thursday, May 2

*Pulled Pork or White Garlic Pizza
Pasta Salad
*Turkey Cheddar Wrap
Sides
Sweet Potato Fries
Tomato Soup
Diced Pears
Fantastic
Fresh Fruit
Tossed Salad

Friday, May 3

Baked Pasta with Meaty Sauce
Warm Breadstick
*Tuna Salad Sub
Sides
Tasty
Green Beans
Diced Peaches
Fantastic
Fresh Fruit
Tossed Salad

SAFETY FIRST.

Lightning can strike even if it’s not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, “If thunder roars, stay indoors” – and not under a tree!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, May 6

Cheese Stuffed Crust Pizza
*Turkey & Cheese on Pretzel Roll
Sides
“Hash Tag”
Sweet Potato Fries
Tomato Soup
Mixed Fruit
Fresh Fruit
Tossed Salad

Tuesday, May 7

Breaded Chicken Drumstick
Corn Bread
*Tuna Salad Sub
Sides
100% Fruit Juice
Fresh Steamed Broccoli
Applesauce Cup
Fantastic
Fresh Fruit
Tossed Salad

Wednesday, May 8

“Fajita Chicken on Loco Bread With all the Trimmings
*Ham & Cheese on Whole Wheat
Sides
Golden
Hash Brown Patty
Warm Apples
Fantastic
Fresh Fruit
Tossed Salad

Thursday, May 9

*Italian Rotini Pasta
Meatballs (beef)
Garlic Bread
*Deli (bologna) on Whole Wheat
Sides
100% Fruit Juice
Tasty
Green Beans
Diced Peaches
Fantastic
Fresh Fruit
Tossed Salad

Friday, May 10

*“Juicy” Cheeseburger on a Bun
*Crispy French Fries
*Roasted Chicken Salad Wrap
Sides
Baked Beans
Diced Pears
Fantastic
Fresh Fruit
Tossed Salad

The original value meal & still a fantastic deal!

Breakfast		Lunch	
\$1.70	1.70	\$2.40	\$2.70
Elementary	Secondary	Elementary	Secondary

Get in touch with us today to learn more about free and reduced-price meals in our district:

Monday, May 13

*"Big Daddy's"
Primo
Cheese Pizza
*Turkey & Cheese
on Loco Bread
Sides
Fresh Steamed
Broccoli
Mixed Fruit
Fantastic
Fresh Fruit
Tossed Salad

Tuesday, May 14

"Asian Chicken
Fluffy Rice
Veggie Egg Roll
*Tuna Salad Sub
Sides
Oriental Blend
Vegetables
Mandarin
Oranges
Fantastic
Fresh Fruit
Tossed Salad

Wednesday, May 15

*Turkey & Ham
Panini
Pasta Salad
*Deli (bologna)
on WW
Sides
Honey Glazed
Carrots
Warm Sliced
Apples
Fantastic
Fresh Fruit
Tossed Salad

Thursday, May 16

"**Mucho Grande**"
*Mexican Taco Boat
(beef or pork)
With Trimmings
Mexican Rice
*Ham & Cheese on
WW Pretzel Roll
Sides
Sunshine Corn
Diced Peaches
Fantastic
Fresh Fruit
Tossed Salad

Friday, May 17

*Chicken
Nuggets
Warm Dinner Roll
Fluffy Rice
*Turkey Cheddar
Wrap
Sides
Baked Beans
Tomato Soup
Berry Cup
Fresh Fruit
Tossed Salad



Q: Where do we get most of the tomatoes we eat?

A: The average American eats close to 30 pounds of tomatoes a year, and all of them started off on a vine somewhere! But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed forms – out of a bottle of ketchup, in pizza sauce, or as various kinds of canned tomatoes.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 20

*Breaded, hot & spicy or grilled
Chicken Patty
on a Bun
*Deli (bologna)
on WW
Sides
Hot Mixed
Vegetables
Emerald Pears
Fresh Fruit
Tossed Salad

Tuesday, May 21

*"Zweigle's"
Hot Dog on a Roll
Texas Chili
Turkey & Cheese
on Whole Wheat
Sides
100% Fruit Juice
Fresh Steamed
Broccoli
Side Kick
Fantastic
Fresh Fruit
Tossed Salad

Wednesday, May 22

*Personal Pan
Cheese &
Pepperoni Pizza
*Ham & Cheese
Sub
Sides
Fresh Baby
Carrots
Pineapple Tidbits
Fantastic
Fresh Fruit
Tossed Salad

Thursday, May 23

*Mozzarella Sticks
With Sauce
Pasta (rotini)
with Sauce
Warm Dinner Roll
*Turkey Cheddar
Wrap
Sides
Texas Caviar
Mixed Fruit
Fantastic
Fresh Fruit
Tossed Salad

Friday, May 24



**No
School
Today**

Monday, May 27



Tuesday, May 28

"Cheese Meatloaf
on a Bun
Crispy Onion Rings
*Ham & Cheese
on Whole Wheat
Sides
100% Fruit Juice
Green Peas
Peach Cup
Fantastic
Fresh Fruit
Tossed Salad

Wednesday, May 29

"**Nacho Grande**"
*Mexican Taco
(beef or pork)
on Nacho Chips
With Trimmings
*Roasted Chicken
Salad Wrap
Sides
Refried Beans
Mixed Fruit
Fantastic
Fresh Fruit
Tossed Salad

Thursday, May 30

*Cheese or
White Garlic Pizza
Pasta Salad
*Turkey
Cheddar Wrap
Sides
Sweet Potato Fries
Tomato Soup
Diced Peas
Fantastic
Fresh Fruit
Tossed Salad

Friday, May 31

*Baked Pasta
with Meaty
Sauce
Warm Breadstick
*Tuna Salad Sub
Sides
Tasty
Green Beans
Diced Peaches
Fantastic
Fresh Fruit
Tossed Salad

PREPAYMENT OPTIONS

You may prepay for breakfast, lunch & snacks by giving the cashier Cash or Check. Or use Visa or MasterCard, credit/debit card or e-checks by calling **866-727-3053** Or log on to www.MyPaymentsPlus.com If you need your child's Student number to set up a new account on My Payments Plus, please call 359-5388.