



# MAY HIGH SCHOOL LUNCH

**BREAKFAST – 1.85    ADULT - \$2.30**  
**LUNCH - \$3.00        ADULT - \$4.00**  
**2<sup>nd</sup> MEAL - \$3.25     MILK - \$.60**

A bagged meal will be available on Tuesday afternoon for Wednesday when they will not be in school. These meals must be preordered on Tuesday morning and picked up in the cafeteria before the student leaves for the day. All Meals are being served free until June 2021

JUICE OPTIONS	GRAB AND GO BREAKFAST OPTIONS	
Capri Sun – Apple Juice – 20g	Benefit Oatmeal Chocolate Chip Bar – 47g	Yoplait 4 oz yogurt – 15g
Capri Sun – Fruit Punch – 21g	Benefit Apple Blueberry Chip Bar – 48g	Upstate Farms 8oz Yogurt – Peach – 38g
Capri Sun – Berry Juice – 21g	Nutri Grain Bars – Apple, Blueberry Strawberry – 30g	Upstate Farms 8 oz Yogurt – Straw/Ban – 37g
Juicy Juice 4.23 oz.- Apple – 15g	General Mills Cereal Bars – 30g	Cinnamon Toast Crunch – 22g
Juicy Juice – 4.23 oz -. Fruit Punch – 15g	Kellogg’s Pop-tarts (2pack) – 76g	Cocoa Puffs -25g
	Muffins – 2 oz – 27g / 4 oz – 61g	Cocoa Krispies – 28g
Sun Cups – 6.75 oz. Fruit Punch, Grape, Berry – 33g	Strudel – Apple – 36g/ Cherry – 37g	Reese’s Puff (21g)
		Lucky Charms (23g)
		Apple Jacks (24g)

Potatoes:	Other items	Bread – Rolls
Crinkle Fries – 20g	Santiago Refried Beans – 25g	White Sandwich Bread (2) – 28g
Colossal Crisp fries – 26.9g	Brown Rice 35g	Whole Wheat Bread – 17g
Idahoan Instant Potatoes – 17g	Mimh Egg Roll Vegetable – 24g	Whole Wheat Cluster Dinner Roll – 14g
McCain Crispy Fries – 25g	Minh Fried Rice Vegetable – 54g	Multi –Grain Dinner Roll – 17g
McCain emoticon – 23g	Alfredo Sauce – 6g	Whole Wheat Hamburger Roll – 22g
McCain Spirals – 21g	Hot Dog – 1g	Whole Wheat Large Hamburger Roll – 25g
WG Onion Rings – 28g	Rib B Q sliders – 43g	Whole Wheat 5”Steak Roll – 29g
Oreida Fries – 20g	Pizza Crunchers – 41g	Whole Wheat Medium Kaiser Roll – 30g
Oreida Hash Patty – 15g	Cheese Stuff Shells – 25g	Whole Wheat 6” Steak Roll – 37g
Oreida Tater Tots – 19g	Tasty Brand WG lasagna – 29g	Wheat Jumbo Hot Dog Roll – 25g
Oreida Waffle Fry – 21g	Chicken N Waffle Bites – 10g	Whole Wheat Hot Dog Roll – 22g
Twister Fries – 23.81	Turkey Pepperoni – 2g	Soft Stuffing Cubes (2 ¼ cup) – 53g
Swt Tater Gems – 17g		

Monday April 26	Tuesday April 27	Wednesday NO SCHOOL	Thursday April 29	Friday April 30
<p><u>Snack/breakfast</u></p> <p>Mini Pancakes Pillsbury Mini Pancakes (37g) Syrup (43g)</p> <p>Egg, Ham &amp; Cheese Sand Ham &amp; Cheese Sandwich Egg (3g) Turkey Ham -0 Am. Cheese – 1g Hamburger roll – 22g</p> <p>Cereal Cocoa Puffs (25g) Cinnamon Toast Crunch (22g) Cocoa Krispies (28 g) Reese’s Puff (21g) Lucky Charms (23g) Apple Jacks (24g)</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Grilled Chicken Sand Chicken Breast Sand. Chicken – 16g Hamburger roll – 22g</p> <p>Pizza Cruncher – 14g</p> <p>Turkey Club Wrap Turkey &amp; Cheese Sand Turkey – 1g Am. Cheese – 1g 12 “ Wraps 45 – 52g</p>	<p><u>Snack/breakfast</u></p> <p>Parfait Yogurt Parfait w/ Granola Upstate Farms vanilla Yogurt (44g) Granola (20 g)</p> <p>Breakfast Pizza – Egg and Sausage 28.7g</p> <p>Cereal Cocoa Puffs (25g) Cinnamon Toast Crunch (22g) Cocoa Krispies (28 g) Reese’s Puff (21g) Lucky Charms (23g) Apple Jacks (24g)</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Cheese Steak Quaker Maid Chop Steak – 0g Lucky Leaf Cheese Sauce – 5g Sub Roll - 29g</p> <p>Nachos w/ Cheese Dip Nachos, Meat &amp; Cheese Beef Crumbles – 1g</p>	<p style="text-align: center; background-color: yellow;">Meals can be picked up Tuesday’s after school</p> <p style="text-align: center;">SNACK/BREAKFAST</p> <p>Cereal Bowl Juice Fruit Cup Milk</p> <p style="text-align: center;">LUNCH</p> <p>Turkey Sandwich Carrot Pack Apple Milk</p>	<p><u>Snack/breakfast</u></p> <p>French Toast Sticks French Toast Sticks (Feeser’s) (24g) Syrup (43g)</p> <p>Egg, Ham &amp; Cheese Sand Ham &amp; Cheese Sandwich Egg (3g) Turkey Ham -0 Am. Cheese – 1g Hamburger roll – 22g</p> <p>Cereal Cocoa Puffs (25g) Cinnamon Toast Crunch (22g) Cocoa Krispies (28 g) Reese’s Puff (21g) Lucky Charms (23g) Apple Jacks (24g)</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Popcorn Chicken Tyson – 14g</p> <p>Pulled Pork Pork BBQ Gov’t Pork – 1g Bar B Que Sauce – Hamburger Roll – 22g</p> <p>Chef Salad</p>	<p><u>Snack/breakfast</u></p> <p>WG Assorted Muffin Apple Cinnamon (30g) Banana Muffin ( 30g) Blueberry (30) Chocolate Chip (32g)</p> <p>Breakfast Taco Flour Tortilla 13g Bacon (0g) Egg (3g) Turkey ham – 0g Ham – 1 g Cheese, American – 1g Cheese, Cheddar – 1g</p> <p>Cereal Cocoa Puffs (25g) Cinnamon Toast Crunch (22g) Cocoa Krispies (28 g) Reese’s Puff (21g) Lucky Charms (23g) Apple Jacks (24g)</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Cheeseburger 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g</p> <p>Chicken Fajita Diced Chicken – 0 Shredded Cheese – 1g Flour Tortilla – 13g</p> <p>Chef Salad</p>

	Lucky Leaf Cheese Sauce – 5g Tostitos chips – 20g			
	Turkey Club Wrap Turkey & Cheese Sand Turkey – 1g Am. Cheese – 1g 12 “ Wraps 45 – 52g			
Celery Sticks Fruit Milk	Peas 12g Fresh Broccoli Milk		Green Beans – 6g Orange Milk	Corn 17g Raisins Milk

Monday May 3	Tuesday May 4	Wednesday NO SCHOOL	Thursday May 6	Friday May 7
<u>Snack/breakfast</u> WG Cinnamon Roll (22g)  Bacon, Egg & Cheese on WG Muffin Bacon (0g) Egg (3g) Cheese(2g) WG Muffin (24g)  Cereal Cocoa Puffs (25g) Cinnamon Toast Crunch (22g) Cocoa Krispies (28 g) Reese’s Puff (21g) Lucky Charms (23g) Apple Jacks (24g)  <u>LUNCH</u> Chicken Patty Sand Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g  Cheese Sticks Cheese Stuffed Breadsticks Beacon Street – 28g  Ham Sandwich Ham & Cheese Sandwich Turkey Ham -0 Am. Cheese – 1g Hamburger roll – 22g  Carrot Pack Fruit Milk	<u>Snack/breakfast</u> Mini Donuts Bake Crafters WG Choc. donuts 41 g  Pancake & Sausage Nuggets 15g  Cereal Cocoa Puffs (25g) Cinnamon Toast Crunch (22g) Cocoa Krispies (28 g) Reese’s Puff (21g) Lucky Charms (23g) Apple Jacks (24g)  <u>LUNCH</u> Meatball Sub Advance Meatballs – 4g Sub Roll – 29g  Gen Tso Chicken – 24g Brown Rice 35g  Ham & Cheese Sandwich Turkey Ham -0 Am. Cheese – 1g Hamburger roll – 22g  Carrots – 6g Fruit Milk	Meals can be picked up Tuesday’s after school  SNACK/BREAKFAST Cereal Bowl Juice Fruit Cup Milk  LUNCH Turkey Sandwich Carrot Pack Apple Milk	<u>Snack/breakfast</u> Parfait Yogurt Parfait w/ Granola Upstate Farms vanilla Yogurt (44g) Granola (20 g)  Sausage, Egg and Cheese on WG Biscuit Sausage (0g) Egg (3g) Cheese (2g) Biscuit (13g)  Cereal Cocoa Puffs (25g) Cinnamon Toast Crunch (22g) Cocoa Krispies (28 g) Reese’s Puff (21g) Lucky Charms (23g) Apple Jacks (24g)  <u>LUNCH</u> Spicy Chicken Sand Spicy Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g  Pasta w/ Meat sauce Pasta -40 Meat Sauce Beef Crumbles – 1g Marinara Sauce – 12g  PBJ – 69g  Peas 12 g Orange Milk	<u>Snack/breakfast</u> Assorted Frudel (36g) Apple (36g) Cherry (37g)  Breakfast Burrito 12 “ Wraps 45 – 52g Bacon (0g) Egg (3g) Turkey ham – 0g Ham – 1 g Cheese, American – 1g Cheese, Cheddar – 1g  Cereal Cocoa Puffs (25g) Cinnamon Toast Crunch (22g) Cocoa Krispies (28 g) Reese’s Puff (21g) Lucky Charms (23g) Apple Jacks (24g)  <u>LUNCH</u> Sloppy Joe Hamburger BBQ Beef Crumbles – 1g Hamburg Roll – 22g  Quesadilla The Max Chicken Quesadilla – 37g  PBJ – 69g  Corn 17 g Raisins Mil