



CAIRO JR. SR. HIGH SCHOOL: MAY 2019 6-8 lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MAY</p>  <p>This month we're celebrating kale</p>		<p>1. Southern Style Pulled Pork Seasoned Corn Cherry Tomatoes Chilled Peaches Caesar Salad</p>	<p>Breakfast For Lunch 2. French Toast w/ Syrup & Pork Sausage Patty Hash Brown Fresh Baby Carrots Fresh Banana Caesar Salad</p>	<p>3. Bosco Breadsticks w/ Marinara Sauce Oven Fries Caesar Salad Blue Raspberry Lemon Sidekick</p>
<p>Chicken & Chili Crispito Rice Seasoned Corn Cherry Tomatoes Chilled Peaches Lettuce & Tomato Salad</p>	<p>Taco Tuesday 7. Beef Soft Shell Tacos Tater Tots Refried Beans Mandarin Orange & Pineapples Lettuce & Tomato Salad</p>	<p>8. Ham & Swiss on Ciabatta Mashed Potatoes Fresh Carrots Apple Juice Lettuce & Tomato Salad</p>	<p>9. Chicken Parmesan Penne Pasta Savory Green Beans Caesar Salad Fresh Oranges Wedges</p>	<p>10. Hot Dog Chips BBQ Baked Beans Blue Raspberry Lemon Sidekick Lettuce & Tomato Salad</p>
<p>13. Home-Style Meat Loaf Dinner Roll Garlic Mashed Potatoes Cucumber & Tomatoes Rosy Applesauce Spinach Cranberry Salad</p>	<p>Taco Tuesday 14. Beef Nachos Tater Tots Refried Beans Mixed Fruit Spinach Cranberry Salad</p>	<p>15. Spicy Popcorn Chicken w/ Ranch Dinner Roll Savory Green Beans Chilled Peaches Spinach Cranberry Salad</p>	<p>16. Salisbury Steak Dinner Roll Mashed Potatoes Seasoned Carrots Mandarin Oranges & Pineapples Spinach Cranberry Salad</p>	<p>17. Brooklyn Style Flat Bread Pepperoni Pizza Curly Fries Cherry Tomatoes Blue Raspberry Lemon Sidekick Spinach Cranberry Salad</p>
<p>20. The Perfect Sloppy Joe Potato Wedges Fresh Carrots Fresh Sliced Apple Lettuce & Tomato Salad</p>	<p>Taco Tuesday 21. Beef Soft Shell Tacos Shredded Lettuce Tater Tots Refried Beans Pineapple Tidbits Lettuce & Tomato Salad</p>	<p>22. Sweet & Sour Chicken Brown Rice Savory Green Beans Cherry Tomatoes Rosy Applesauce Lettuce & Tomato Salad</p>	<p>23. Chicken Ranch Wrap Garlic Mashed Potatoes Cucumber & Tomatoes Apple Juice Lettuce & Tomato Salad</p>	<p>1% milk & skim flavored milk are offered daily. Each meal will offer main entrée, 3/4 cup of vegetables & 1/2 cup of fruit.</p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Turkey Ham Chef Salad w/ Dinner Roll , Croutons Cheese & Pepperoni Pizza Three Cheese Pretzel Bun</p>	<p>Turkey Ham Chef Salad w/ Dinner Roll ,Croutons Cheese & Buffalo Pizza Cheeseburger on Bun</p>	<p>Turkey Ham Chef Salad w/ Dinner Roll, Croutons Cheese & Pepperoni Pizza Crispy Chicken Patty</p>	<p>Turkey, Ham Chef Salad w/Dinner Roll, Croutons Cheese & Hawaiian Pizza Corn Dog</p>	<p>Turkey, Ham Chef Salad w/ Dinner Roll , Croutons Cheese & Pepperoni Pizza Nashville Chicken Sandwich</p>



chartwells
Discovery
KITCHEN

Please update the bottom of each menu with the Food Focus of the Month as applicable to your menus:



This month
we're celebrating
cranberries



This month
we're celebrating
tomatoes



This month
we're celebrating
berries



This month
we're celebrating
autumn squash

