



## CAIRO SR. HIGH SCHOOL: MAY 2019 9-12 lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="background-color: #FFD700; padding: 5px; display: inline-block;">MAY</div>  <p style="color: green; font-weight: bold;">This month we're celebrating <b>kale</b></p>				
		1. Southern Style Pulled Pork Seasoned Corn Cherry Tomatoes Chilled Peaches Caesar Salad	<b>Breakfast For Lunch</b> 2. French Toast w/ Syrup & Pork Sausage Patties Hash Brown Fresh Baby Carrots Fresh Banana Caesar Salad	3. Bosco Breadsticks w/ Marinara Sauce Oven Fries Caesar Salad Blue Raspberry Lemon Sidekick
<b>Chicken &amp; Chili Crispito</b> Rice Seasoned Corn Cherry Tomatoes Chilled Peaches Lettuce & Tomato Salad	<b>Taco Tuesday</b> 7. Beef Soft Shell Tacos Tater Tots Refried Beans Mandarin Orange & Pineapples Lettuce & Tomato Salad	8. Ham & Swiss on Ciabatta Mashed Potatoes Fresh Carrots Apple Juice Lettuce & Tomato Salad	9. Chicken Parmesan Penne Pasta Savory Green Beans Caesar Salad Fresh Oranges Wedges	10. Hot Dog Chips BBQ Baked Beans Blue Raspberry Lemon Sidekick Lettuce & Tomato Salad
13. Home-Style Meat Loaf Dinner Rolls Garlic Mashed Potatoes Cucumber & Tomatoes Rosy Applesauce Spinach Cranberry Salad	<b>Taco Tuesday</b> 14. Beef Nachos Tater Tots Refried Beans Mixed Fruit Spinach Cranberry Salad	15. <b>Spicy Popcorn Chicken w/ Ranch</b> Dinner Roll Savory Green Beans Chilled Peaches Spinach Cranberry Salad	16. Salisbury Steak Dinner Rolls Mashed Potatoes Seasoned Carrots Mandarin Oranges & Pineapples Spinach Cranberry Salad	17. <b>Brooklyn Style Flat Bread Pepperoni Pizza</b> Curly Fries Cherry Tomatoes Blue Raspberry Lemon Sidekick Spinach Cranberry Salad
20. The Perfect Sloppy Joe Potato Wedges Fresh Carrots Fresh Sliced Apple Lettuce & Tomato Salad	<b>Taco Tuesday</b> 21. Beef Soft Shell Tacos Shredded Lettuce Tater Tots Refried Beans Pineapple Tidbits Lettuce & Tomato Salad	22. Sweet & Sour Chicken Brown Rice Savory Green Beans Cherry Tomatoes Rosy Applesauce Lettuce & Tomato Salad	23. Chicken Ranch Wrap Garlic Mashed Potatoes Cucumber & Tomatoes Apple Juice Lettuce & Tomato Salad	1% milk & skim flavored milk are offered daily. Each meal will offer main entrée, 3/4 cup of vegetables & 1/2 cup of fruit.
Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Ham Chef Salad w/ Dinner Roll , Croutons Cheese & Pepperoni Pizza Three Cheese Pretzel Bun	Turkey Ham Chef Salad w/ Dinner Roll ,Croutons Cheese & Buffalo Pizza Cheeseburger on Bun	Turkey Ham Chef Salad w/ Dinner Roll, Croutons Cheese & Pepperoni Pizza Crispy Chicken Patty	Turkey, Ham Chef Salad w/Dinner Roll, Croutons Cheese & Hawaiian Pizza Corn Dog	Turkey, Ham Chef Salad w/ Dinner Roll , Croutons Cheese & Pepperoni Pizza <b>Nashville Chicken Sandwich</b>



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**

