

Troy High Lunch Menu



April 2019



CREATIONS

APRIL MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
1ST-5TH	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
8TH-12TH	General Tso's Chicken with Brown Rice and Asian Vegetable Blend	Roasted Turkey with Mashed Potatoes, Gravy, and a Dinner Roll	Beefy Macaroni with Dinner Roll	Beef or Bean Tacos V with Refried Beans	Pulled Pork Mac & Cheese with Steamed Broccoli
15TH -19TH	Chicken Drumstick with a Dinner Roll and Sweet Potato Fries	Broccoli Chicken Alfredo with Roasted Carrots and a Dinner Roll	Chili Baked Potatoes with Steamed Broccoli and a Dinner Roll	Buffalo Chicken Mac & Cheese with Sweet Potato Bites and a Dinner Roll	No School
22ND – 26TH	Orange Chicken with Brown Rice served with Asian Vegetable Blend	Mac and Cheese with Dinner Roll and Broccoli V	Chicken Drumstick with Green Beans, Mashed Potatoes and a Biscuit	Early Release Day	French Toast V with Turkey Sausage and Hash Browns
29TH – 3RD	Oven Roasted Chicken with Macaroni and Cheese and Broccoli	Steak Fajitas with Refried Beans	BBQ Pulled Pork Platter with Baked Beans and a Corn Biscuit	Meat or Vegetarian V Calzones with Steamed Broccoli	Baked Penne with Green Beans and a Dinner Roll V

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian. Many of our other daily specials have the option to be made **vegetarian**, just ask!



GRILL

APRIL MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
EVERYDAY OPTIONS:	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks V	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks V	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks V	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks V	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks V
1ST-5TH	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
8TH-12TH	BBQ Bacon Cheeseburger	Chicken Philly Sandwich	Italian Meatball Sub	Hot Dog	Chicken Club
15TH -19TH	Philly Cheesesteak	Chicken Parm Sandwich	Bacon Cheeseburger	Pulled Pork Sandwich	No School
22ND – 26TH	BBQ Bacon Cheeseburger	Chicken Philly Sandwich	Italian Meatball Sub	Early Release Day	Chicken Club
29TH – 3RD	Philly Cheesesteak	Chicken Parm Sandwich	Bacon Cheeseburger	Pulled Pork Sandwich	Chicken Cordon Blue Sandwich

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 2 oz M/MA, 2 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat. Items marked with a **V** are vegetarian.



PIZZA

APRIL MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
EVERYDAY OPTIONS:	Cheese Pizza V Pepperoni Pizza	Cheese Pizza V Pepperoni Pizza	Cheese Pizza V Pepperoni Pizza	Cheese Pizza V Pepperoni Pizza	Cheese Pizza V Pepperoni Pizza
1ST-5TH	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
8TH-12TH	Buffalo Chicken Pizza	Sausage Pizza	Supreme Pizza	Sausage Calzone	Chicken Spinach Alfredo
15TH - 19TH	Mushroom Chicken Pizza	Cheese Flatbread V	Bruschetta Pizza	Sausage Pizza	No School
22ND – 26TH	Mac & Cheese Pizza	Sausage Pizza	Buffalo Chicken Pizza	Early Release Day	Margherita Pizza
29TH – 3RD	BBQ Chicken Pizza	Meatlover’s Calzone	Veggie Pizza V	Sausage Pizza	Breakfast Pizza

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DELI

APRIL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Protein</u>	<u>Protein</u>	<u>Protein</u>	<u>Protein</u>	<u>Protein</u>
Salami	Buffalo Chicken	Bacon	Chicken Nuggets	Pepperoni
Turkey	Turkey	Turkey	Turkey	Turkey
Ham	Ham	Ham	Ham	Ham
Roast Beef	Roast Beef	Roast Beef	Roast Beef	Roast Beef
Chicken/Tuna Salad	Chicken/Tuna Salad	Chicken/Tuna Salad	Chicken/Tuna Salad	Chicken/Tuna Salad
Hummus V	Hummus V	Hummus V	Hummus V	Hummus V
American Cheese V	American Cheese V	American Cheese V	American Cheese V	American Cheese V
White American/Swiss V	White American/Swiss V	White American/Swiss V	White American/Swiss V	White American/Swiss V
<u>Bread</u> V	<u>Bread</u> V	<u>Bread</u> V	<u>Bread</u> V	<u>Bread</u> V
Whole Grain Sub	Whole Grain Sub	Whole Grain Sub	Whole Grain Sub	Whole Grain Sub
Whole Grain Tortilla	Whole Grain Tortilla	Whole Grain Tortilla	Whole Grain Tortilla	Whole Grain Tortilla
Whole Grain Bread	Whole Grain Bread	Whole Grain Bread	Whole Grain Bread	Whole Grain Bread
Whole Grain Flatbread	Whole Grain Flatbread	Whole Grain Flatbread	Whole Grain Flatbread	Whole Grain Flatbread
<u>Veggies</u> V	<u>Veggies</u> V	<u>Veggies</u> V	<u>Veggies</u> V	<u>Veggies</u> V
Lettuce	Lettuce	Lettuce	Lettuce	Lettuce
Spinach	Spinach	Spinach	Spinach	Spinach
Tomato	Tomato	Tomato	Tomato	Tomato
Onions	Onions	Onions	Onions	Onions
Black Olives	Black Olives	Black Olives	Black Olives	Black Olives
Green Peppers	Green Peppers	Green Peppers	Green Peppers	Green Peppers
Banana Peppers	Banana Peppers	Banana Peppers	Banana Peppers	Banana Peppers
Pickles	Pickles	Pickles	Pickles	Pickles
<u>Sauce</u> V	<u>Sauce</u> V	<u>Sauce</u> V	<u>Sauce</u> V	<u>Sauce</u> V
Mayo	Mayo	Mayo	Mayo	Mayo
Chipotle Mayo	Chipotle Mayo	Chipotle Mayo	Chipotle Mayo	Chipotle Mayo
Mustard	Mustard	Mustard	Mustard	Mustard
Italian/Ranch Dressing	Italian/Ranch Dressing	Italian/Ranch Dressing	Italian/Ranch Dressing	Italian/Ranch Dressing

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FAST TAKES

APRIL MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
1ST-5TH	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
8TH-12TH	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad V	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad V	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad V	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad V	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad V
15TH -19TH	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad V	American Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad V	Buffalo Chicken Wrap Turkey and Cheese Ham and Cheese Sub Crispy Chicken Salad Garden Salad V	Crispy Chicken Wrap Ham and Cheese American Sub Chef Salad Garden Salad V	No School
22ND – 26TH	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad V	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad V	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad V	Early Release Day	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad V
29TH – 3RD	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad V	American Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad V	Buffalo Chicken Wrap Turkey and Cheese Ham and Cheese Sub Crispy Chicken Salad Garden Salad V	Crispy Chicken Wrap Ham and Cheese American Sub Chef Salad Garden Salad V	Chicken Bacon Wrap Italian Sub Turkey and Cheese Fajita Chicken Salad Garden Salad V

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian.