





May High School Menu

Every lunch includes a choice of milk and chef salad.

Monday	Tuesday	Wednesday	Thursday	Friday
April 29 Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Sautéed Vegetable Fresh Salad w/ Toppings Fruit Cup	April 30 French Bread Pizza or Pizza Sweet Seasoned Corn Fresh Salad w/ Toppings Colorful Apple Sauce	1 Monterrey Chicken with Hot Roll or Burger Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	2 Build Your Own Tacos or Quesadillas w/ Rice or Pizza Refried Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	3 Cheese Burger or Hot Dog Basket with Fries Fresh Salad w/ Toppings Fresh Fruit
6 Chicken Spaghetti with Hot Roll or Burger Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	7 Calzones or Pizza Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	8 Popcorn Chicken or Crispy Chicken Salad w/ Hot Roll or Burger Mashed Potatoes Seasoned Vegetables Fresh Salad w/ Toppings Berries & Cream	9  Manager's Choice	10 Chicken Sandwich or Corn Dog Basket with Fries Fresh Salad w/ Toppings Fresh Fruit
13  Manager's Choice	14 Chicken Alfredo with Garlic Bread or Pizza Steamed Broccoli Fresh Salad w/ Toppings Fruit Wiggles	15 Asian Bowl or Burger Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	16 Build Your Own Nachos with Spanish Rice or Pizza Refried Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	17 BBQ Bacon Burger or Chicken Strip Basket with Fries Fresh Salad w/ Toppings Fresh Fruit
20  Manager's Choice	21 Spaghetti with Meat Sauce with Garlic Toast or Pizza Seasoned Vegetables Fresh Salad w/ Toppings Banana Sundae	22 Homemade Pigs in a Blanket or Corn Dog or Burger Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	23  Grab N' Go Sack Lunch	24 Enjoy Your Summer!

Here comes the Sun!

Our sun can do a lot of cool things like tan our skin and make flowers and plants grow, but we need to be smart about the sun and its potential dangers.

- * Always make sure to take frequent breaks from the sun by going inside or in the shade.
- * Put on sunscreen and reapply often. The sun can cause wrinkles and skin damage. Just because you don't see these things happening right away does not mean they won't happen eventually.

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll or French Toast	Scrambled Eggs w/ Toast & Sausage, Bacon, or Ham	Breakfast Pizza or Sausage Biscuit	Cinnamon Roll or Pancake Wrap	Waffles or Muffin & Yogurt

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

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