



May 2007

HIGH SCHOOL MENU *subject to change*



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 SWEET AND SOUR CHICKEN WITH ORIENTAL RICE Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	2 MEATBALL SUB SANDWICH WITH CHEESE Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	3 QUESADILLA W/REFRIED BEANS Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	4 MOZZARELLA BREADSTICKS WITH SAUCE Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk
7 BAKED POTATO BAR Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	8 TACO'S Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	9 COOK'S CHOICE OR SUB BAR Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	10 SPAGHETTI PARMESAN Choice of Two Sides: Salad Cup, Vegetable, Fruit, or Juice Milk	11 MOZZARELLA BREADSTICKS WITH SAUCE Choice of Two Sides: Salad Cup, Vegetable, Fruit, or Juice Milk
14 BRUTUS BURGER ON BUN Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	15 POPCORN CHICKEN BOWL Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	16 BBQ RIBBET SANDWICH Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	17 COOK'S CHOICE Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	18 MOZZARELLA BREADSTICKS WITH SAUCE Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk
21 SUPER NACHOS Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	22 DOUBLE DOG HOT DOGS ON BUNS Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	23 CHICKJEN PARMESAN SANDWICH Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	24 EGG ROLL WITH RICE Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	25 MOZZARELLA BREADSTICKS WITH SAUCE Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk
28 MEMORIAL DAY – NO SCHOOL	29 BUFFALO CHICKEN OR PLAIN CHICKEN STRIPS Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	30 PASTA BAR OR SUB SHOP Choice of Two Sides: Salad Cup, Vegetable, Fruit or Juice Milk	31 COOK'S CHOICE	

School News

Eat a variety of foods each day to obtain the greatest health benefits.

Yellow and orange foods provide provide a natural sunblock.

Red, blue, and purple foods are packed with antioxidants that rejuvenate the brain.

Red-orange foods are protect against some cancers.

Green foods help with eye health and vision.



LUNCH PRICES
LUNCH WITH MILK \$ 2.25
MILK ONLY \$.40