

MAY 2023

High One Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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Early Release
Last Day of School
 May 25th 2023
Have A Great Summer!



1
Choose One:
Beefy Mac w Roll
Managers Choice
 Harvest Farmers Salad
 Turkey Club Sub
Choose:
 Sweet Potato Fries
 Farmstand Veggie Dippers

2
Choose One:
Chicken & Waffles
Managers Choice
 Apple a Day Salad
 Turkey & Cheese Sandwich
Choose:
 Santa Fe Black Beans
 Sliced Cucumber Side Salad

3
Choose One:
Beef Sloppy Joe Tots & Roll
Managers Choice
 Yogurt, Fruit & Granola Parfait
 Ham & Cheese Croissant
Choose:
 Broccoli Florets
 Lettuce & Tomato Side Salad

4
Choose One:
Popcorn Chicken Bowl w/ Roll
Managers Choice
 Antipasto Salad
 Southwest Chicken Wrap
Choose: Corn Niblets
 Marinara Sauce Cup
 Romaine Side Salad

5
Choose One:
3 Cheese Baked Penne w Garlic Toast
Managers Choice
 Chicken Souvlaki Salad
 PBJ Triple Decker
Choose:
 Crinkle Crispy Fries
 Carrot Dippers Side Salad

8
Choose One:
Hamburger on a Bun or Cheeseburger on a Bun
Managers Choice
 Fruit & Yogurt Plate
 Greek Chicken Wrap
Choose: Baked Beans
 Tossed Side Salad

9
Choose One:
Cheese Quesadilla or Chicken Cheese Quesadilla
Managers Choice
 Asian Beef Salad
 Chicken Caesar Wrap
Choose: Mixed Vegetables
 Marinara Sauce Cup•Salsa Cup
 Sliced Cucumber Side Salad

10
Choose One:
Beef n Potato Turbate
Managers Choice
 (Above Served with Garlic Toast)
 Chicken BLT Salad
 PBJ Triple Decker
Choose:
 Sweet Peas
 Farmstand Veggie Dippers

11
Choose One:
Cavatappi Alfredo w Garlic Roll
Managers Choice
 Popcorn Chicken Salad
 Italian Sub Sandwich
Choose:
 Tomato Soup
 Romaine Side Salad

12
Choose One:
Pasta w Meat Sauce
Managers Choice
 Beef or Pork Taco Salad
 Spicy Chicken Wrap
Choose:
 Broccoli Florets
 Carrot Dippers Side Salad

15
Managers Choice
Choose One:
 Hot Entrée
 Entrée Salad
 Cold Sandwich
Choose:
 Hot & Cold Vegetable

16
Managers Choice
Choose One:
 Hot Entrée
 Entrée Salad
 Cold Sandwich
Choose:
 Hot & Cold Vegetable

17
Managers Choice
Choose One:
 Hot Entrée
 Entrée Salad
 Cold Sandwich
Choose:
 Hot & Cold Vegetable

18
Managers Choice
Choose One:
 Hot Entrée
 Entrée Salad
 Cold Sandwich
Choose:
 Hot & Cold Vegetable

19
Managers Choice
Choose One:
 Hot Entrée
 Entrée Salad
 Cold Sandwich
Choose:
 Hot & Cold Vegetable

22
Managers Choice
Choose One:
 Hot Entrée
 Entrée Salad
 Cold Sandwich
Choose:
 Hot & Cold Vegetable

23
Managers Choice
Choose One:
 Hot Entrée
 Entrée Salad
 Cold Sandwich
Choose:
 Hot & Cold Vegetable

24
Managers Choice
Choose One:
 Hot Entrée
 Entrée Salad
 Cold Sandwich
Choose:
 Hot & Cold Vegetable

25
Managers Choice
Choose One:
 Hot Entrée
 Entrée Salad
 Cold Sandwich
Choose:
 Hot & Cold Vegetable



29 Schools Closed



FREE & REDUCED MEAL APPLICATIONS
 PROVIDE SO MUCH MORE THAN JUST LUNCH
 YOUR MEAL APPLICATION PROVIDES A FULL RANGE OF HELP

 <p>Additional funding to support education</p>	 <p>Funding for technology and internet access</p>	 <p>Discounted testing fees, free clothes and more</p>	 <p>Discounted fees related to college applications and summer camps</p>	 <p>Healthy, nutritious & affordable student meals</p>
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APPLY ONLINE @ WWW.MYSCHOOLAPPS.COM

Daily Lunch Choices
Choose 1:
 Meat / Meatless Entrée,
 Entrée Salads,
 Cold Sandwiches

Must Choose at least 1:
 Hot & Cold Vegetables
 Variety of Fruits & Juices
 (may choose up to 2 servings each of fruits & veggies with their meal)

May Choose 1 Milk:
 Low Fat White,
 Fat Free Chocolate,
 Fat Free Strawberry or
 Fat Free Skim

Please Note:
 The nationwide labor, driver, and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutions are necessary.
 We apologize for any inconveniences.

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