

School Lunch Menu 1ST TO 12TH GRADE MAY 2019

	Tuesday	Wednesday	Thursday	Friday
APRIL 29	APRIL 30	MAY 1	MAY 2	MAY 3
Barbecue day:	Cheese Pizza	Grilled Chicken Breast	Mac and Cheese	Cheese Ravioli
,	Or Tuna Sub	and yellow/brown	OR Tuna Sub	OR Tuna Sub
	Caesar salad	Rice	Steam brocolini	Steamed Brocollini
	Orange Wedges	Turkey Sub	Orange Wedges	Pear Slices
· · · · · · · · · · · · · · · · · · ·	Split peas soup	Green beans	White Bean soup	Carrot Soup
	Potato soup	Pineapple Chunks	Mushroom soup	Lentil soup
Chicken soup	Fotato soup	Minestrone soup	widsiii ooiii soup	Lentil soup
Chicken soup		Red beans soup		
		red bealts soup		
MAY 6	MAY 7	MAY 8	MAY 9	MAY 10
	Cheese Pizza	Chicken tender or	Spiral Pasta Alfredo	Taco bar and cheese
	Or Tuna Sub	Turkey sub	OR Tuna Sub	Ouesadilla
	Caesar salad	French fries	Caesar Salad	Black Beans / Guacamole
•	Orange Wedges	Pineapple Chunks	Peas & Carrots	and Tricolor chips
-	Split peas soup	Minestrone soup	Peach slices	Or Tuna Sub
	Potato soup	Red beans soup	White Bean soup	Fruit
-	Potato soup	Red bearts soup	•	
Chicken soup			Mushroom soup	Carrot Soup
				Lentil soup
	MAY 14	MAY 15	MAY 16	MAY 17
Barbecue day:	Cheese Pizza	Chicken Chinese rice	Cheese Lasagna	Baked Ziti
Grilled Chicken C	Or Tuna Sub	egg rolls	OR Tuna Sub	OR Tuna Sub
Hamburger C	Caesar salad	Turkey sub	Baked Tater Tots	Garlic Bread
Sweet potatoes fries C	Orange Wedges	Green Beans	Mixed Veggies	Green Beans
Fruit S	Split peas soup	Spa Water	Pear Slices	Pineapple chunks
Lentil soup P	Potato soup	Minestrone soup	White Bean soup	White Bean soup
Chicken soup		Red beans soup	Mushroom soup	Mushroom soup
MAY 20 N	MAY 21	MAY 22	MAY 23	MAY 24
Barbecue day:	Cheese Pizza	Beef Lo mein	Mac and Cheese	Taco bar and cheese
Grilled Chicken	Or Tuna Sub	Turkey Sub	OR Tuna Sub	Quesadilla
Hamburger C	Caesar salad	Broccolini	Steam brocolini	Black Beans / Guacamole
Sweet potatoes fries C	Orange Wedges	Pineapple Chunks	Orange Wedges	and Tricolor chips
-	Split peas soup	Minestrone soup	White Bean soup	Or Tuna Sub
	Potato soup	Red beans soup	Mushroom soup	Fruit
Chicken soup	· · · · · · · ·			Carrot Soup
				Lentil soup
MAY 27	MAY 28	MAY 29	MAY 30	MAY 31
	Cheese Pizza	Chicken tender or	Spiral Pasta Alfredo	Whole Wheat Pizza Bagel,
	Or Tuna Sub	Turkey sub	OR Tuna Sub	Veggie pizza bagel
	Caesar salad	French fries	Caesar Salad	or Tuna sub
	Orange Wedges	Pineapple Chunks	Peas & Carrots	Sweet potatoes fries
	Split peas soup	Minestrone soup	Peach slices	Apple Slices
	Potato soup	Red beans soup	White Bean soup	Carrot Soup
	otato soup	nea beans soup	Mushroom soup	Lentil soup
			masinooni soup	Ecitii 30up

Note: A ll pasta and couscous will be whole grain and protein enriched.

Salad bar: Romaine lettuce, spinach, edamame, couscous, quinoa, pasta salad, chick peas, carrots, green peppers, tomatoes, cucumber, onions, black olives, sweet corn, pickles, tuna, egg hard boiled. Spa water everyday.

School Lunch Menu 1ST TO 12TH GRADE JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 3	JUNE 4	JUNE 5	JUNE 6	JUNE 7
Barbecue day:	Cheese Pizza	Chicken Chinese rice	Mac and Cheese	Taco bar and cheese
Grilled Chicken	Or Tuna Sub	egg rolls	OR Tuna Sub	Quesadilla
Hamburger	Caesar salad	Turkey sub	Steam brocolini	Black Beans / Guacamole
Sweet potatoes fries	Orange Wedges	Green Beans	Orange Wedges	and Tricolor chips
Fruit	Split peas soup	Spa Water	White Bean soup	Or Tuna Sub
Lentil soup	Potato soup	Minestrone soup	Mushroom soup	Fruit
Chicken soup		Red beans soup		Carrot Soup
				Lentil soup
JUNE 10	JUNE 11	JUNE 12	JUNE 13	
	Cheese Pizza	Chicken tender or	NOON	
NO SCHOOL	Or Tuna Sub	Turkey sub	DISMISSAL	
	Caesar salad	French fries	DISMISSAL	
1 1 1 1 1 1 1 1 1 1	Orange Wedges	Pineapple Chunks	JEW THE	
HAPPU	Split peas soup	Minestrone soup		
	Potato soup	Red beans soup	The Willes San	
QHAVV071			DAY of SCHOOL	

Note: A Il pasta and couscous will be whole grain and protein enriched.

Salad bar: Romaine lettuce, spinach, edamame, couscous, quinoa, pasta salad, chick peas, carrots, green peppers, tomatoes, cucumber, onions, black olives, sweet corn, pickles, tuna, egg hard boiled. Spa water everyday.