






School Lunch Menu
1ST TO 12TH GRADE
MAY 2019

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
APRIL 29 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	APRIL 30 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	MAY 1 Grilled Chicken Breast and yellow/brown Rice Turkey Sub Green beans Pineapple Chunks Minestrone soup Red beans soup	MAY 2 Mac and Cheese OR Tuna Sub Steam brocolini Orange Wedges White Bean soup Mushroom soup	MAY 3 Cheese Ravioli OR Tuna Sub Steamed Brocollini Pear Slices Carrot Soup Lentil soup
MAY 6 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	MAY 7 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	MAY 8 Chicken tender or Turkey sub French fries Pineapple Chunks Minestrone soup Red beans soup	MAY 9 Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices White Bean soup Mushroom soup	MAY 10 Taco bar and cheese Quesadilla Black Beans / Guacamole and Tricolor chips Or Tuna Sub Fruit Carrot Soup Lentil soup
MAY 13 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	MAY 14 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	MAY 15 Chicken Chinese rice egg rolls Turkey sub Green Beans Spa Water Minestrone soup Red beans soup	MAY 16 Cheese Lasagna OR Tuna Sub Baked Tater Tots Mixed Veggies Pear Slices White Bean soup Mushroom soup	MAY 17 Baked Ziti OR Tuna Sub Garlic Bread Green Beans Pineapple chunks White Bean soup Mushroom soup
MAY 20 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	MAY 21 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	MAY 22 Beef Lo mein Turkey Sub Broccolini Pineapple Chunks Minestrone soup Red beans soup	MAY 23 Mac and Cheese OR Tuna Sub Steam brocolini Orange Wedges White Bean soup Mushroom soup	MAY 24 Taco bar and cheese Quesadilla Black Beans / Guacamole and Tricolor chips Or Tuna Sub Fruit Carrot Soup Lentil soup
MAY 27 NO SCHOOL 	MAY 28 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	MAY 29 Chicken tender or Turkey sub French fries Pineapple Chunks Minestrone soup Red beans soup	MAY 30 Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices White Bean soup Mushroom soup	MAY 31 Whole Wheat Pizza Bagel, Veggie pizza bagel or Tuna sub Sweet potatoes fries Apple Slices Carrot Soup Lentil soup

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

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

Note: All 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.