



as of 1/31/19

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|--|--|---|---|---|
| Week 1: | Choice of: Sweet & Sour Chicken with Rice Baked Potato Bar with Banana Bread Chicken Sandwich Pizza Hut Pizza Stuffed Crust Cheese Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 4/8/2019 Served with: Seasoned Fries Steamed Broccoli & Cheese Green Leaf Lettuce Fresh Baby Carrots Chilled Pineapple Fresh Fruit Fresh Red Peppers | Choice of: Chicken & Waffles Pork Tenderloin Sandwich Cheeseburger Fiestada Pizza Stuffed Crust Pepperoni Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 4/29/2019 Served with: Tater Tots Roasted Vegetables Green Leaf Lettuce Fresh Baby Carrots Fresh Celery Chilled Mandarin Oranges Fresh Grapes Rosy Applesauce | Choice of: Chicken Strips with Cheese Breadstick Hot Ham & Cheese Sandwich Chicken Sandwich Pizza Hut Pizza Stuffed Crust Cheese Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 5/20/2019 Served with: Mashed Potatoes with Chicken Gravy * Green Beans Green Leaf Lettuce Fresh Baby Carrots Fresh Cucumbers Fresh Orange Wedges Chilled Pears Sugar Cookie | Choice of: Mozzarella Sticks Spicy Popcorn Chicken Cheeseburger Fiestada Pizza Stuffed Crust Pepperoni Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 4/29/2019 Served with: Seasoned Fries Glazed Carrots Green Leaf Lettuce Fresh Baby Carrots Fresh Broccoli Fresh Cherry Tomatoes Fresh Apple Slices Chilled Fruit Cocktail | Choice of: Corn Dog Macaroni & Cheese with Garlic Toast Spicy Chicken Sandwich Pizza Hut Pizza Stuffed Crust Cheese Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 5/20/2019 Served with: Potato Smiles Baked Beans * Green Leaf Lettuce Fresh Baby Carrots Fresh Cauliflower Fresh Banana Chilled Peaches |
| Week 2: | Choice of: French Toast Sticks with Sausage Chicken Burrito Chicken Sandwich Pizza Hut Pizza Stuffed Crust Cheese Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 4/15/2019 Served with: Oven Potatoes Cinnamon Apples Green Leaf Lettuce Fresh Baby Carrots Fresh Celery Fresh Fruit Chilled Fruit Cocktail | Choice of: General TSO's Chicken with Rice BBQ Rib Sandwich Cheeseburger Fiestada Pizza Stuffed Crust Pepperoni Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 5/6/2019 Served with: Seasoned Fries Stir Fry Vegetables Green Leaf Lettuce Fresh Baby Carrots Chilled Pineapple Fresh Cucumbers Mixed Berries Chocolate Chip Cookie | Choice of: Honey Sriracha Chicken with Garlic Toast Chili with Scoops Chicken Sandwich Pizza Hut Pizza Stuffed Crust Cheese Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 5/6/2019 Served with: Tater Tots Corn Green Leaf Lettuce Fresh Baby Carrots Chilled Peaches Fresh Grapes Frozen Fruit Cup | Choice of: Chicken Nuggets Country Fried Steak Cheeseburger Fiestada Pizza Stuffed Crust Pepperoni Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 5/6/2019 Served with: Mashed Potatoes with Country Gravy * Green Beans Green Leaf Lettuce Fresh Baby Carrots Fresh Celery Chilled Applesauce Fresh Orange Wedges Cinnamon Roll * | Choice of: Nachos Shrimp Poppers with Garlic Toast Spicy Chicken Sandwich Pizza Hut Pizza Stuffed Crust Cheese Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 5/6/2019 Served with: Tater Tots Refried Beans Green Leaf Lettuce Fresh Baby Carrots Fresh Veggie Fresh Red Peppers Fresh Fruit Chilled Pears |
| Week 3: | Choice of: Mandarin Orange Chicken with Rice Meatball Sandwich Chicken Sandwich Pizza Hut Pizza Stuffed Crust Cheese Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 4/22/2019 Served with: Seasoned Fries Steamed Edamame Green Leaf Lettuce Fresh Baby Carrots Fresh Broccoli Frozen Mangoes Chilled Pineapple | Choice of: Walking Taco Cheese Lasagna with Garlic Toast Cheeseburger Fiestada Pizza Stuffed Crust Pepperoni Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 5/13/2019 Served with: Tater Tots Black Beans Green Leaf Lettuce Fresh Diced Tomatoes Fresh Baby Carrots Fresh Fruit Chilled Peaches | Choice of: Chicken Chow Mein BBQ Pork Sandwich Chicken Sandwich Pizza Hut Pizza Stuffed Crust Cheese Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 5/13/2019 Served with: Potato Smiles Stir Fry Vegetables Green Leaf Lettuce Fresh Baby Carrots Fresh Zucchini Fresh Fruit Chilled Mandarin Oranges | Choice of: Popcorn Chicken Cheesesteak Sandwich Cheeseburger Fiestada Pizza Stuffed Crust Pepperoni Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 5/13/2019 Served with: Seasoned Fries Cauliflower and Cheese Green Leaf Lettuce Fresh Baby Carrots Fresh Green Peppers Fresh Grapes Chilled Applesauce | Choice of: Dill Chicken with Garlic Toast Fish Munchies with Garlic Toast Spicy Chicken Sandwich Pizza Hut Pizza Stuffed Crust Cheese Pizza Deli Sandwich Yogurt Parfait with Granola PBJ Sandwich Hummus & Pretzels 5/13/2019 Served with: Scalloped Potatoes * Corn Green Leaf Lettuce Fresh Baby Carrots Chilled Pears Fresh Apple Slices Chocolate Cake * |

Welcome to School Lunch!!

**Offered Daily
100% Juice
Milk**

Menu is subject to change due to availability.

This institution is an equal opportunity provider.

**Eat Smart
to Play Hard**



**Eat fruits & veggies
at meals & for snacks**

Secondary Lunch Prices:

| | |
|-----------------|--------|
| Paid Student | \$2.80 |
| Reduced Student | \$0.40 |
| Free Student | \$0.00 |
| Adult | \$3.70 |
| Visitor | \$4.05 |



**Fuel up
with foods
from each
food group**

Students must choose a full portion of at least 3 of the 5 components to receive a full school lunch and at least one component must be a 1/2 cup of fruit or vegetable. Components include **protein, grain, fruit, vegetable, and milk.**

Individual items may be purchased at the a la carte price. For more info visit <http://foodservices.smsd.org>

*These items are only available with school meal and cannot be purchased a la carte.