

# May 2023 Middle/High Menu

## Flavorful sides with every meal!

Lunch includes a choice of 5 components: protein, bread/grain, fruit, vegetable, and skim or 1% milk. Students may take five, four, or three, which must include a fruit or vegetable serving.

*Milk:* White, Chocolate, & Strawberry Skim, and 1% White

*Seasonal Fresh Fruit:* May include Apples, Oranges, Bananas, Strawberries, Grapes, Pineapple, Pears, Cuties® or Halos®, or Kiwi.

## Breakfast

Each entrée is served with fruit, 100% juice, and milk.

- Monday Pancake Sausage Stick
- Tuesday Chicken Biscuit
- Wednesday Breakfast Pizza
- Thursday Egg & Cheese Biscuit
- Friday Pillsbury Mini Cinnis

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| 1 Grilled Chicken Sandwich<br>Waffle Fries<br>Caesar Salad<br>Seasoned Green Beans<br>Applesauce  | 2 Cheese Stuffed Burger<br>Lettuce, Tomato, Pickles<br>Sidewinder Fries<br>Baked Beans<br>Tossed Salad<br>Fresh Fruit   | 3 Spicy Primetime Chicken Sandwich<br>Lettuce & Tomato<br>French Fries<br>Broccoli<br>Snickerdoodle Cookie                     | 4 Orange Chicken<br>Fluffy Rice<br>Steamed Broccoli<br>Fresh Artisan Bread<br>Fresh Pineapple               | 5 School Lunch Hero Day<br>Cheesy or Beefy Nachos<br>Salsa Cup<br>Shredded Lettuce<br>Pinto Beans<br>Peach Cup<br>Cinco de Mayo                                       |
| 8 Nashville Hot Chicken<br>Waffle Fries<br>Caesar Salad<br>Seasoned Green Beans<br>Applesauce   | 9 Cheeseburger <b>SWICHES</b><br>Baked Chips<br>Seasoned Corn<br>Tossed Salad<br>Cinnamon Apples  | 10 Corn Dog<br>Sidewinder Potatoes<br>Baked Beans<br>Pick-Me-Up Veggie Cup<br>Ranch Dip<br>Strawberry Cup                      | 11 Popcorn Chicken<br>Mashed Potatoes<br>Garden Salad<br>Carrot Sticks<br>Freshly Baked Roll<br>Fresh Fruit | 12 Double Bosco Sticks<br>Marinara Cup<br>Seasoned Corn<br>Salad Italiano<br>Mandarin Oranges   |
| 15 Brookwood BBQ Sliders<br>Sweet Potato Waffle Fries<br>Cowboy Beans<br>Veggie Cup<br>Sidekick Fruit Slushie                                     | 16 <b>Professional Development Day</b>  | 17 Boneless Wings<br>Baby Carrots & Celery<br>Ranch Dip<br>Tossed Salad<br>Texas Toast<br>Fresh Fruit<br>Chocolate Chip Cookie | 18 Orange Chicken<br>Fluffy Rice<br>Steamed Broccoli<br>Fresh Artisan Bread<br>Fresh Fruit                  | 19 Personal Pan Pizza<br>Seasoned Corn<br>Caesar Salad<br>Applesauce  |
| 22 Gold Creek Chicken Chunks<br>White Country Gravy<br>Potato Wedges<br>Festive Romaine Salad<br>Baby Carrots<br>Toast Wedges<br>Fruit Selections | 23 Corn Dog Nuggets<br>or PBJ<br>Seasoned Corn<br>Cheez-Its<br>Fresh Fruit<br>Graham Surprise   | 24 Cheesy Bread Sticks<br>with Marinara Sauce<br>Or PBJ<br>Peas<br>Shades of Green Salad<br>Mixed Berries                      | 25 Spicy Primetime Chicken Sandwich<br>Lettuce & Tomato<br>French Fries<br>Broccoli<br>Fresh Fruit          | <br><b>Thank you for eating breakfast and lunch with us at school this year!</b> |

## Middle School Daily Trends

- Monday : Hamburger or Cheeseburger
- Tuesday : Make-Your-Own Burrito or Nacho
- Wednesday : Pizza Choices
- Thursday : Hot Dog
- Friday : Chicken Fillet Sandwich

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