

# Breakfast Menu for Metcalfe County High

# May 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	<b>Assorted Pastries</b> <b>Assorted Bagels</b> 100% Fruit Juice Seasonal Fresh Fruit	2	<b>Breakfast Pizza</b> 100% Fruit Juice Seasonal Fresh Fruit	3	<b>Assorted Muffins</b> 100% Fruit Juice Seasonal Fresh Fruit	4	<b>Chicken Biscuit</b> 100% Fruit Juice Seasonal Fresh Fruit	5	<b>Breakfast Tornadoes</b> 100% Fruit Juice Seasonal Fresh Fruit
8	<b>Biscuit &amp; Gravy Sausage</b> <b>Assorted Bagels</b> 100% Fruit Juice Seasonal Fresh Fruit	9	<b>Breakfast Pizza</b> 100% Fruit Juice Seasonal Fresh Fruit	10	<b>Assorted Muffins</b> <b>Assorted Bagels</b> 100% Fruit Juice Seasonal Fresh Fruit	11	<b>Chicken Biscuit</b> <b>Fruit &amp; Yogurt Parfait</b> 100% Fruit Juice Seasonal Fresh Fruit	12	<b>Bacon Egg &amp; Cheese Biscuit</b> <b>Assorted Bagels</b> 100% Fruit Juice Seasonal Fresh Fruit
15	<b>Biscuit &amp; Gravy Sausage</b> <b>Assorted Bagels</b> 100% Fruit Juice Seasonal Fresh Fruit	16	<b>Breakfast Pizza</b> 100% Fruit Juice Seasonal Fresh Fruit	17	<b>Assorted Muffins</b> <b>Assorted Bagels</b> 100% Fruit Juice Seasonal Fresh Fruit	18	<b>Chicken Biscuit</b> <b>Fruit &amp; Yogurt Parfait</b> 100% Fruit Juice Seasonal Fresh Fruit	19	<b>Bacon Egg &amp; Cheese Biscuit</b> <b>Assorted Bagels</b> 100% Fruit Juice Seasonal Fresh Fruit
22	<b>Biscuit &amp; Gravy Sausage</b> <b>Assorted Bagels</b> 100% Fruit Juice Seasonal Fresh Fruit	23	<b>Breakfast Pizza</b> 100% Fruit Juice Seasonal Fresh Fruit	24	<b>Assorted Muffins</b> <b>Assorted Bagels</b> 100% Fruit Juice Seasonal Fresh Fruit	25	<b>Chicken Biscuit</b> <b>Fruit &amp; Yogurt Parfait</b> 100% Fruit Juice Seasonal Fresh Fruit	26	<b>Cereals, Pop Tarts, Muffins</b> 100% Fruit Juice Seasonal Fresh Fruit

Whole Grain Strawberry, Chocolate or Cinnamon Pop Tarts are available daily.

**1% or Fat Free**  
**White or Flavored Milk**  
**Available Daily!**

Meat/Meat alternatives are listed in bold type • Menu is subject to change due to availability of food items.

**Seasonal fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).**



This institution is an equal opportunity provider.

# Lunch Menu for Metcalfe County High

# May 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	<b>Chicken Fingers</b> <b>Salisbury Steak</b> Whole Kernel Corn Mashed Potatoes Green Beans & Roll Fresh Veggie Cup Assorted Fruit	2	<b>Pepperoni Calzone</b> Baked Chips Whole Kernel Corn Side Salad Veggie Cup Fruit Brownie	3	<b>Cheeseburger</b> French Fries Baked Beans Mac & Cheese Veggie Cup Fruit Ice Cream	4	<b>Beef Tacos</b> Side Salad Chips & Salsa Refried Beans Queso Veggie Cup Fruit	5	<b>Chili Dogs</b> Tater Tots Cole Slaw Fresh Veggie Cup Fresh Fruit Fresh Baked Cookie
8	<b>Pepperoni Pizza</b> <b>Corn Dog</b> Baked Chips Whole Kernel Corn Side Salad Fruit & Veggie Cups Fresh Baked Cookie	9	<b>Extreme Nachos</b> <b>Beef Tacos</b> Side Salad Chips & Salsa Refried Beans Fresh Veggie Cup Assorted Fresh Fruit	10	<b>Boneless Wings</b> Baked Chips Mozzarella Sticks Fruit & Yogurt Parfait Fresh Veggies Assorted Fresh Fruit	11	<b>Spaghetti w/ Meat Sauce</b> <b>Baked Potato Bar</b> Side Salad Breadstick Fresh Veggie Cup Assorted Fresh Fruit	12	<b>Chicken Fillet w/ Bun</b> <b>Pizza Rolls</b> Green Peas Waffle Fries Fresh Veggie Cup Mandarin Oranges Assorted Fresh Fruit
15	<b>Cheeseburger</b> Onion Rings Corn on the Cob Fresh Veggie Cup Fruit Cup Ice Cream	16	<b>McRib Sandwich</b> <b>Deli Subs</b> Potato Salad Side Salad Fresh Veggie Cup Fresh Fruit Brownie	17	<b>Sloppy Joes</b> <b>Fish Sandwich</b> Tater Tots Cole Slaw Mac And Cheese Fresh Veggie Cup Ice Cream	18	<b>Pork BBQ Sandwiches</b> Potato Salad Cole Slaw Fresh Veggie Cup Fruit Cup Rice Krispy Square	19	<b>Burgers &amp; Dogs</b> Baked Chips Baked Beans Watermelon Cookies
22	<b>Chicken Fingers</b> <b>Salisbury Steak</b> Whole Kernel Corn Mashed Potatoes Green Beans & Roll Fresh Veggie Cup Assorted Fruit	23	<b>Pepperoni Calzone</b> Baked Chips Whole Kernel Corn Side Salad Veggie Cup Fruit Brownie	24	<b>Cheeseburger</b> French Fries Baked Beans Mac & Cheese Veggie Cup Fruit	25	<b>Pepperoni Pizza</b> Baked Chips Whole Kernel Corn Fresh Baked Cookie Ice Cream	26	<b>Sack Lunches</b>

**Salad Boxes or Sandwich Boxes are available daily!**

**1% or Fat Free**  
**White or Flavored Milk**  
**Available Daily!**

Meat/Meat alternates are listed in bold type • Menu is subject to change due to availability of food items

**Assorted fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).**

This institution is an equal opportunity provider.

