

One complete lunch meal daily is free for all Pasadena USD students
 \$4.75 for Adults and 2nd complete lunch meals
 Milk or Juice only is \$.50

PUSD High School Lunch

May 2024

PUSD Menus are nut free.

*Non-Meat Item

Menu is subject to change

Week 1	Featured day of the week Entree with daily vegetable and fruit offerings
May 1 – 3 May 20 - 24	Monday – *Yogurt Fruit Parfait offered w/ Broccoli, Baby Carrots, Whole Pear and Applesauce Tuesday – *Italian Cheesy Bread w/ Marinara Sauce offered w/ Green Beans, Baby Carrots, Seasonal Fruit and Applesauce Wednesday – Chicken Teriyaki over Brown Rice offered w/ Carrot Coins, Veggie Juice Box, Seasonal Fruit and Applesauce Thursday – Chicken or *Plant Based Chicken Caesar Salad offered w/ Pinto Beans, Veggie Juice Box, Fruit Cup and Applesauce Friday – Fish Soft Tacos (2) offered w/ Potato Wedges, Baby Carrots, Banana and Applesauce
Week 2	Featured day of the week Entree with daily vegetable and fruit offerings
May 6 – 10 May 28 - 31	Monday – Italian Submarine Sandwich offered w/ Broccoli, Baby Carrots, Whole Pear and Applesauce Tuesday – *Mac and Cheese with Cheez-it Crackers offered w/ Green Beans, Baby Carrots, Seasonal Fruit and Applesauce Wednesday – Beef Teriyaki Dippers over Brown Rice offered w/ Carrot Coins, Veggie Juice Box, Seasonal Fruit and Applesauce Thursday – BBQ Chicken or *Plant Based BBQ Chicken Salad offered w/ Pinto Beans, Veggie Juice Box, Fruit Cup & Applesauce Friday – Beef Hard Shell Tacos (2) offered w/ Tater Tots, Baby Carrots, Banana and Applesauce
Week 3	Featured day of the week Entree with daily vegetable and fruit offerings
May 13 - 17	Monday – Hot & Spicy or Breaded Chicken Drumstick w/ a Dinner Roll offered w/ Broccoli, Baby Carrots, Whole Pear & Applesauce Cup Tuesday – Penne Pasta with Meat Sauce offered with Green Beans, Baby Carrots, Seasonal Fruit and Applesauce Wednesday – Orange Chicken over Brown Rice offered w/ Carrot Coins, Veggie Juice Box, Seasonal Fruit and Applesauce Thursday – Beef Hard Shell Tacos (2) offered w/ Pinto Beans, Veggie Fruit Box, Fruit Cup and Applesauce Friday – *Protein Bistro BOX (Hard Boiled Egg, Cheddar Cheese Cubes, Grapes & Pita Bread) offered w/ Roasted Corn, Baby Carrots, Banana & Applesauce

Center of the plate lunch entrees served everyday in the cafeteria:

- Pepperoni, *Cheese & *Veggie Pizza, Hamburger, Cheeseburger, *Veggie Burger, Regular, Spicy Chicken Sandwich and Vegan Tamale -

Select at least 3 food components to complete a nutritious lunch meal.

Nonfat white, 1% white, nonfat chocolate milk and 100% fruit juice is offered daily to complete a nutritious lunch meal.

Visit www.pusd.us for:

monthly menus, nutrition, allergen, and carbohydrate information.

For additional information or inquiries, please contact PUSD Food and Nutrition Services 740 W. Woodbury Rd, Pasadena, CA 91103 (626) 396-5852

This institution is an equal opportunity provider.