

Poland Seminary High School LUNCH - MAY 2025

MENUS SUBJECT TO CHANGE

Food Service Director:

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| <p>What Makes a Meal?</p> <p>You must choose at least 3 of 5 components available for the school lunch price.</p> <p>Choice of Meat/Meat Alternate Choice of Vegetable, Choice of Fruit* Choice of Grain and Choice of Milk</p> <p><i>*Students must choose at least one fruit or vegetable</i></p> <p><u>Full Lunch: \$3.00; Lunch Entrée': \$2.00</u></p> <p>Daily additional meal options may include:</p> <p><u>Grill Options:</u></p> <p>Cheeseburger Breaded Chicken Sandwich Spicy Chicken Sandwich</p> <p><u>Deli Options:</u></p> <p>A variety of wraps, salads and hoagies Wow-Butter & Jelly Sandwiches Bistro Boxes Fruit & Yogurt Parfaits</p> | | Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Fresh Fruits and Vegetables Offered Daily</p> <p><u>Fruit/Veggie Side: \$1.00</u></p> <p><u>*Vegetables may include:</u></p> <p>Broccoli Florets Baby Carrots Dark Leafy Greens Legume Salads Celery Red/Green Peppers Cucumber</p> <p><u>*Fruits may include:</u></p> <p>Crisp Apple Fresh Orange Banana Apple Slices Grapes Blueberries Strawberries</p> <p>*May choose two 1/2 cup servings</p> | | | | | 1 Bosco Sticks w/Dipping Sauce Seasoned Steamed Green Beans Applesauce French Bread Pizza | 2 Popcorn Chicken Bowl w/ Fresh Bread Seasoned Steamed Golden Corn Refreshing Mixed Fruit Fiestada Pizza |
| | | 5 Beef Burrito Bowl Homestyle Refried Beans Diced Peaches BBQ Grilled Chicken Sandwich | 6 Nashville Honey Hot Crispy Chicken Sandwich Seasoned Steamed Green Beans Diced Pears Corn Dog Nuggets | 7 Cheese Pizza Seasoned Steamed Golden Corn Diced Pears Cheeseburger on a Bun | 8 Spaghetti & Meatballs w/ Fresh Bread Oven Browned Potatoes Tropical Pineapple Tidbits Crispy Spicy Chicken Patty Sandwich | 9 Tangy BBQ Chicken Dunkers BBQ Baked Beans Diced Peaches Fiestada Pizza |
| | | 12 Bacon Cheeseburger Baked French Fries Strawberries & Cream Meatball Hoagie | 13 Beef & Cheese Nachos Black Bean & Corn Salad Fresh Petite Banana Jalapeno Grilled Cheese | 14 Cheese Pizza Oven Roasted Carrots Diced Peaches Chicken Nuggets | 15 Salisbury Steak & Gravy w/ Buttered Noodles Seasoned Steamed Golden Corn Diced Peaches Bosco Sticks w/Dipping Sauce | 16 Chicken Parmesan Sandwich Baked French Fries Diced Peaches Fiestada Pizza |
| | | 19 Macaroni & Cheese w/ Garlic Toast Oven Roasted Carrots Citrusy Mandarin Oranges Cheeseburger on a Bun | 20 Freshly Baked Italian Dunkers Seasoned Steamed Broccoli Fresh Petite Banana Sausage & Cheese on an English Muffin | 21 Cheese Pizza Seasoned Steamed Green Beans Tropical Pineapple Tidbits Crispy Spicy Chicken Patty Sandwich | 22 Walking Taco with Beef, Cheese, Nacho Doritos and Fresh Bread Seasoned Steamed Golden Corn Red Delicious Apple Ciabatta Grilled Cheese | 23 Crispy Chicken Nuggets w/ Buttered Noodles Caesar Side Salad Refreshing Mixed Fruit Corn Dog Nuggets |
| <p>Milk Choices Offered Daily</p> <p>Fat Free Chocolate & Low Fat White</p> <p><u>Milk: \$.65</u></p> | | 26 Buffalo Chicken Dipper Seasoned Steamed Cauliflower Refreshing Mixed Fruit Corn Dog Nuggets | 27 Buffalo Chicken Dipper Seasoned Steamed Cauliflower Refreshing Mixed Fruit Corn Dog Nuggets | 28 Cheese Pizza Broccoli Salad Red Delicious Apple Hamburger on Bun | 29 Hot Ham & Cheese on Ciabatta Seasoned Steamed Green Beans Applesauce Chicken Nuggets | 30 TNG Signature Breaded Chicken Sandwich with Slamin Sauce Seasoned Steamed Golden Corn Citrusy Mandarin Oranges Fiestada Pizza |