



# Captial High Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
For more information on the menu items, such as allergens, visit <a href="http://SchoolCafe.com/MMSD">SchoolCafe.com/MMSD</a>			This institution is an equal opportunity provider.	
31 <b>Hot Dog &amp; Tater Tots</b> <b>Cheese Pizza</b> <b>Chicken Caesar Salad</b> Strawberries, Craisins Edamame, Grape Tomatoes	1 <b>Chicken Strips with</b> <b>Potato Wedges</b> <b>Buffalo Chicken Salad</b> <b>Bosco Sticks</b> Blueberries, Applesauce Carrots, Green Peas	2 <b>Buffalo Chicken Wings</b> <b>with Potato Wedges</b> <b>Chicken Caesar Salad</b> <b>Bean &amp; Cheese Burrito</b> Strawberries, Bananas Corn, Celery Sticks	3 <b>Pepperoni Pizza</b> <b>Buffalo Chicken Salad</b> <b>Bosco Sticks</b> Blueberries Mandarin Oranges Broccoli, Cauliflower	4 <b>Sweet Chili Boneless</b> <b>Wings with Roll</b> <b>Chicken Caesar Salad</b> <b>Bean &amp; Cheese Burrito</b> Strawberries, Bananas Grape Tomatoes Zucchini
7 <b>Hot Dog &amp; Tater Tots</b> <b>Cheese Pizza</b> <b>Chicken Caesar Salad</b> <b>Turkey and Cheese</b> <b>Sub with Chips</b> Blueberries, Craisins Chickpeas, Baby Carrots	8 <b>Chicken Strips &amp;</b> <b>Potato Wedges</b> <b>Buffalo Chicken Salad</b> <b>Bosco Sticks</b> Strawberries, Applesauce Grape Tomatoes, Pickle Slices	9 <b>Sriracha Honey Wings</b> <b>with Potato Wedges</b> <b>Buffalo Chicken Salad</b> <b>Bean and Cheese</b> <b>Burrito</b> Blueberries, Bananas Cauliflower, Broccoli	10 <b>Pepperoni Pizza</b> <b>Chicken Caesar Salad</b> <b>Bosco Sticks</b> Strawberries, Mandarin Oranges Celery Sticks, Green Peas	11 <b>Chicken Patty on a</b> <b>Bun w/ Potato Wedges</b> <b>Chicken Caesar Salad</b> <b>Cheesy Pull-Aparts</b> Blueberries, Bananas Corn, Baby Carrots
14 <b>Hot Dog &amp; Tater Tots</b> <b>Cheese Pizza</b> <b>Chicken Caesar Salad</b> Strawberries, Craisins Edamame, Grape Tomatoes	15 <b>Cheeseburger</b> <b>Chicken Patty on a</b> <b>Bun w/ Potato Wedges</b> <b>Bosco Sticks</b> Blueberries, Applesauce Baby Carrots, Corn	16 <b>Sweet Chili Wings</b> with <b>Potato Wedges &amp; Roll</b> <b>Buffalo Chicken Salad</b> <b>Bean &amp; Cheese Burrito</b> Strawberries, Banana, Cauliflower, Zucchini	17 <b>Pepperoni Pizza</b> <b>Chicken Strips &amp;</b> <b>Biscuit</b> <b>Chicken Caesar Salad</b> Blueberries Mandarin Oranges Broccoli, Celery Sticks	18 <b>BBQ Boneless Wings</b> <b>with Tater Tots</b> <b>Chicken Caesar Salad</b> <b>Quesadilla Taco Bites</b> Strawberries, Bananas Peas, Grape Tomatoes
21 <b>Hot Dog &amp; Tater Tots</b> <b>Cheese Pizza</b> <b>Chicken Caesar Salad</b> <b>Turkey and Cheese</b> <b>Sub with Chips</b> Blueberries, Craisins Chickpeas, Baby Carrots	22 <b>Chicken Strips with</b> <b>Potato Wedges</b> <b>Buffalo Chicken Salad</b> <b>Bosco Sticks</b> Strawberries, Applesauce Baby Carrots, Pickles	23 <b>Sweet BBQ Wings</b> with <b>Potato Wedges</b> <b>Buffalo Chicken Salad</b> <b>Bean &amp; Cheese Burrito</b> Blueberries, Bananas Cauliflower, Grape Tomatoes	24 <b>Pepperoni Pizza</b> <b>Chicken Caesar Salad</b> <b>Bosco Sticks</b> Strawberries Pineapple, Peas, Celery Sticks	25 <b>Buffalo Boneless</b> <b>Wings with Roll</b> <b>Grab n Go Sub</b> <b>Chicken Caesar Salad</b> <b>Cheesy Pull-Aparts</b> Blueberries, Bananas Corn, Baby Carrots
28 <b>Hot Dog &amp; Tater Tots</b> <b>Cheese Pizza</b> <b>Chicken Caesar Salad</b> Strawberries, Craisins Edamame, Grape Tomatoes	29 <b>Chicken Strips with</b> <b>Potato Wedges</b> <b>Buffalo Chicken Salad</b> <b>Bosco Sticks</b> Blueberries, Applesauce Carrots, Green Peas	30 <b>Buffalo Chicken Wings</b> <b>Chicken Caesar Salad</b> <b>Bean &amp; Cheese Burrito</b> Strawberries, Bananas Corn, Celery Sticks	1 <b>Pepperoni Pizza</b> <b>Buffalo Chicken Salad</b> <b>Bosco Sticks</b> Blueberries Pineapple, Broccoli, Cauliflower	<b>No School</b> <b>May 2</b>

Dressed Romaine Lettuce will be featured on the garden bar daily.

**Odd Dates:** Ranch Salad Dressing with Shredded Cheddar and Croutons

**Even Dates:** Caesar Salad Dressing with Parmesan Cheese and Croutons

**Milk**  
Offered Daily  
1% Chocolate  
1% White  
Skim White