

# MAY HIGH SCHOOL LUNCH MENU

Student Paid- \$3.25  
Student Reduced- Free  
Adult Lunch- \$5.50



## SERVED DAILY

1% White Milk & 1% Chocolate Milk,  
\*Assorted Pizza, \*Hamburger,  
\*Cheeseburger, \*Fresh Deli  
Sandwiches  
\*Fresh Salads, \*PBJ Sandwich

## HARVEST OF THE MONTH:

Asparagus is in the lily family but is very fibrous vegetable that grows similarly to grass. It will change colors from white to green when the sunlight shines on it. The proper way to eat asparagus is with your fingers per the Queen, hence why it is nicknamed the "Queen of Vegetables."

For more information, menus, payment options, [SchoolCafe.com](http://SchoolCafe.com), and more, please visit [elcosd.org](http://elcosd.org) and follow the tabs to Food Services

MON

TUE

WED

THU

FRI

Select one \***lunch entrée**, milk, and up to two fruits and two veggies for a complete meal!

\*Chicken & Cheese Quesadilla  
Steamed Rice  
Taco Fiesta Beans  
\*Crispy Chicken Sandwich  
\*Taco Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

28

\*Popcorn Chicken  
Mashed Potatoes  
Steamed Corn  
\*Chicken Bacon Ranch  
Sandwich  
\*Meat Lovers Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

29

\*Pillsbury Cinnamon Roll with  
Sausage Links  
Tater Tots  
\*Spicy Chicken Bites  
\*Taco Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

30

\*Chicken Parmesan Sandwich  
\*Hot Ham & Cheese  
on Pretzel Roll  
French Fries  
\*BBQ Chicken Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

1

\*General Tso's Chicken  
over Rice  
Steamed Broccoli  
Egg Roll  
\*Spicy Chicken Bites  
\*Taco Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

2

\*Pizza Sticks  
with Dipping Sauce  
Romaine Salad  
\*Crispy Chicken Sandwich  
\*BBQ Beef Rib Sandwich  
\*Meat Lovers Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

5

\*Tossed Boneless  
Chicken Wings/Dinner Roll  
\*Hot Ham & Cheese  
on Pretzel Roll  
\*BBQ Chicken Pizza  
Curly Fries  
Fresh Vegetables with Dip

6

\*Chicken Tenders/Dinner Roll  
\*Breaded Fish Sandwich  
\*Hot Ham & Cheese  
on Pretzel Roll  
\*BBQ Chicken Pizza  
Waffle Fries  
Fresh Vegetables with Dip  
Assorted Fruit

7

\*Beef Tacos with  
Tortilla Chips  
\*Spicy Chicken Bites  
\*Chicken Bacon Ranch Pizza  
Steamed Rice/Black Beans  
Fresh Vegetables with Dip  
Assorted Fruit  
Churro

8

\*Penne Pasta with Meatballs  
or Grilled Chicken Strips  
Garlic Knot  
\*BBQ Beef Rib Sandwich  
\*White Pizza  
Fresh Vegetables with Dip  
Assorted Fruit  
Fresh Baked Cookie

9

\*Chicken Parmesan Sandwich  
\*Hot Ham & Cheese  
on Pretzel Bun  
French Fries  
\*BBQ Chicken Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

12

\*Chicken Potstickers with  
Teriyaki Sauce  
Steamed Broccoli/Fried Rice  
\*Chicken Bacon Ranch  
Sandwich  
\*Meat Lovers Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

13

\*Toasted Cheeseburger  
\*Hot Ham & Cheese  
on Pretzel Roll  
Coleslaw  
French Fries  
\*BBQ Chicken Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

14

\*Mozzarella Cheese Sticks  
with Marinara Sauce  
Garlic Knot  
\*Spicy Chicken Bites  
\*Chicken Bacon Ranch Pizza  
Fresh Vegetables with Dip  
Side Spinach Salad  
Assorted Fruit

15

\*Italian Duo  
Meatballs, Stuffed Shells  
Garlic Knot  
\*Crispy Chicken Sandwich  
\*Chicken Bacon Ranch Pizza  
Fresh Vegetables with Dip  
Assorted Fruit  
Mini Ice Cream Sandwich

16

This institution is an equal opportunity provider. Menus are subject to change.



# MAY HIGH SCHOOL LUNCH MENU

Student Paid- \$3.25  
Student Reduced- Free  
Adult Lunch- \$5.50

## SERVED DAILY

1% White Milk & 1% Chocolate Milk,  
\*Assorted Pizza, \*Hamburger,  
\*Cheeseburger,\*Fresh Deli  
Sandwiches  
\*Fresh Salads, \*PBJ Sandwich

## HARVEST OF THE MONTH:

Asparagus is in the lily family but is very fibrous vegetable that grows similarly to grass. It will change colors from white to green when the sunlight shines on it. The proper way to eat asparagus is with your fingers per the Queen, hence why it is nicknamed the "Queen of Vegetables."

For more information, menus, payment options, [SchoolCafe.com](http://SchoolCafe.com), and more, please visit [elcosd.org](http://elcosd.org) and follow the tabs to Food Services

MON

\*Glazed Cinnamon  
French Toast  
Sausage Links  
Hash Brown Patty  
Crispy Chicken Sandwich  
\*Chicken Bacon Ranch Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

19

TUE

Select one \*lunch entrée, milk, and up to two fruits and two veggies for a complete meal!

\*Cheese Steak Sandwich  
Onion Rings  
\*Teriyaki Chicken Tenders  
\*BBQ Chicken Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

20

WED

\*Tempura Chicken Nuggets  
with Dinner Roll  
\*BBQ Beef Rib Sandwich  
\*White Pizza  
French Fries  
Fresh Vegetables with Dip  
Assorted Fruit

21

THU

\*Meatball Sub with  
Mozzarella Cheese  
\*Spicy Chicken Bites  
\*White Pizza  
Steamed Asparagus  
Fresh Vegetables with Dip  
Assorted Fruit  
Fresh Baked Cookie

22

FRI

NO  
School  
Today



\*Popcorn Chicken  
Mashed Potatoes  
Steamed Corn  
\*Chicken Bacon Ranch  
Sandwich  
\*Meat Lovers Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

27

\*Pillsbury Cinnamon Roll with  
Sausage Links  
Tater Tot  
\*Spicy Chicken Bites  
\*Taco Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

28

\*Chicken Parmesan Sandwich  
\*Hot Ham & Cheese  
on Pretzel Roll  
French Fries  
\*BBQ Chicken Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

29

\*Fire Cracker Chicken  
over Rice  
Steamed Broccoli  
Egg Roll  
\*Crispy Chicken Sandwich  
\*Taco Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

30

This institution is an equal opportunity provider. Menus are subject to change.