

**Poland Seminary High School  
LUNCH - MAY 2025**

**MENUS SUBJECT TO CHANGE**



Food Service Director:

Wendy Miller  
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**What Makes a Meal?**  
You must choose at least **3 of 5 components** available for the school lunch price.  
Choice of Meat/Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain and Choice of Milk  
*\*Students must choose at least one fruit or vegetable*

**Full Lunch: \$3.00; Lunch Entrée': \$2.00**

Daily additional meal options may include:  
**Grill Options:**  
Cheeseburger  
Breaded Chicken Sandwich  
Spicy Chicken Sandwich  
**Deli Options:**  
A variety of wraps, salads and hoagies  
Wow-Butter & Jelly Sandwiches  
Bistro Boxes  
Fruit & Yogurt Parfaits

**Fresh Fruits and Vegetables Offered Daily**  
**Fruit/Veggie Side: \$1.00**

**\*Vegetables may include:**  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery  
Red/Green Peppers  
Cucumber  
**\*May choose two 1/2 cup servings**

**\*Fruits may include:**  
Crisp Apple  
Fresh Orange  
Banana  
Apple Slices  
Grapes  
Blueberries  
Strawberries  
**\*May choose one 1/2 cup serving**

**Milk Choices Offered Daily**  
Fat Free Chocolate & Low Fat White  
**Milk: \$.65**

Monday	Tuesday	Wednesday	Thursday	Friday
			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
26	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