



Orange County Schools High School Menus for May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change. Meal Prices Breakfast: \$1.75 Lunch: \$3.25 Adults: A la carte pricing	Daily Alternate Breakfast Entrée Options include: Cereal w/Graham Crackers Assorted Grab & Go Options Daily Alternate Lunch Entrée Options include: Assorted Grab & Go Options	Breakfast includes 100% Fruit Juice and Fruit Choice, Breakfast and Lunch include choice of fat-free chocolate or 1% milk	May 1 Breakfast Sandwich w/Hashbrowns Loaded Walking Nachos or Chicken Wings w/Roll Tossed Salad Fiesta Black Beans Fruit Choices	May 2 Sweet Bread Slice Assorted Pizza or Spicy Chicken Sandwich Waffle Fries Carrots w/Dip Fruit Choices
May 5 Strawberry Bagel Chicken Quesadilla or Loaded Nachos Spicy Pinto Beans Green Peas Fruit Choices	May 6 Sweet Bread Slice Orange Chicken w/Rice or Fajita Rice Bowl Glazed Carrots Steamed Broccoli Fruit Choices	May 7 Cinnamon Bun Chicken Grinder or Lasagna w/Garlic Toast Tossed Salad Sweet Potato Fries Fruit Choices	May 8 Breakfast Sandwich w/Hashbrowns Bacon Cheeseburger on Bun or Chicken Wings w/Roll Baked Beans French Fries Fruit Choices	May 9 Waffles w/Sausage Links Assorted Pizza or Spicy Chicken Sandwich Waffle Fries Carrots w/Dip Fruit Choices
May 12 Breakfast Muffin Garlic French Bread w/Marinara or Chicken Sandwich Sweet Potato Fries Cheesy Broccoli Fruit Choices	May 13 Breakfast Sandwich Mango Habanero Chicken Rice Bowl or Baked Spaghetti w/Garlic Toast Side Salad Green Beans Fruit Choices	May 14 Eggs, Bacon, Toast Carolina Cheeseburger on Bun or Pork BBQ Sandwich Baked Beans Cole Slaw Fruit Choices	May 15 Breakfast Sandwich w/Hashbrowns Beef or Chicken Soft Tacos or Chicken Wings w/Roll Salsa Buttered Corn Fruit Choices	May 16 Waffles w/Sausage Links Assorted Pizza or Spicy Chicken Sandwich French Fries Carrots w/Dip Fruit Choices
May 19 Breakfast Pizza Teriyaki Chicken Rice Bowl or Asian Dumplings Glazed Carrots Steamed Broccoli Fruit Choices	May 20 Waffles Oven Roasted Chicken w/Roll or Salisbury Steak w/Gravy & Roll Mashed Potatoes Green Peas Fruit Choices	May 21 Super Donut Chicken Alfredo w/Breadstick or Boneless Wings w/Breadstick Creamed Spinach Roasted Carrots Fruit Choices	May 22 Breakfast Sandwich w/Hashbrowns Loaded Walking Nachos or Chicken Wings w/Roll Tossed Salad Fiesta Black Beans Fruit Choices	May 23 Sweet Bread Slice Assorted Pizza or Spicy Chicken Sandwich Waffle Fries Carrots w/Dip Fruit Choices
May 26 No School Memorial Day Holiday	May 27 Sweet Bread Slice Orange Chicken w/Rice or Fajita Rice Bowl Glazed Carrots Steamed Broccoli Fruit Choices	May 28 Cinnamon Bun Chicken Grinder or Lasagna w/Garlic Toast Tossed Salad Sweet Potato Fries Fruit Choices	May 29 Breakfast Sandwich w/Hashbrowns Bacon Cheeseburger on Bun or Chicken Wings w/Roll Baked Beans French Fries Fruit Choices	May 30 Waffles w/Sausage Links Assorted Pizza or Spicy Chicken Sandwich Waffle Fries Carrots w/Dip Fruit Choices

Nutrition Byte

Go Screen Free!

May 5-9 is Screen Free Week! This annual, international celebration promotes reading, playing, thinking, creating, getting active, and spending more time with family and friends instead of watching TV, surfing the web, or playing with apps and video games. You can still use devices for work or school.

Why go screen free?

- Screen time can take away from physical activity that everyone needs to be healthy. Youth and adults who are active are more likely to be at a healthy weight, be sick less often, and sleep better. They are also able to focus, do better in school or at work, and are less likely to feel stressed or depressed.

- Excessive screen time can take us away from connecting with others.

What can you do?

- Turn on some music, dance, and sing.
- Take a walk or go for a run or bike ride.
- Play basketball, soccer, tennis, pickleball, or another sport.
- Work on an art or craft project.
- Play a game or put together a puzzle with friends or family.
- Read a book.
- Nutrilink:** Learn more and find resources at <https://screenfree.org>.