



## HIGH SCHOOL MAY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Everyday Menu Choices</b> Cheeseburgers Spicy Chicken Burgers Pizza Protein Paks		<b>Veggie of the week</b> First : Spicy Lemon Cucumbers Second Baby Carrots and Ranch Third: Smoky Cauliflower Fourth: Cheesy roasted Broccoli Fifth: Calabazitas	1 Barbacoa/Mexican Rice Pozole with Tortilla Chips Steak Quesadilla Pop Corn Chicken Bowl Southwest Chicken Wrap	Cheesy Breadsticks with Marinara Sauce Spicy Chicken Burgers Pozole <b>SCHOOL LUNCH HERO DAY</b> P Pepperoni Pizza Spicy Chicken Burgers Buffalo Chicken Wings
5 Chicken Chow Mein with Egg Roll Chicken Tenders Basket Steak Quesadilla Ham and Cheese Club	6 Carne Asada Baked Potato Chicken Wings Basket Pop Corn Chicken Bowl Grilled Chicken Wrap	7 Orange Chicken Bowl Meat Lasagna /Garlic Bread Phili Steak Sandwiches Chicken Dumping Bowl Ham and Cheese Club	8 Turkey and Cheese Torta Chicken Alfredo Bowl BBQ Chicken/Corn/ Garlic Bread Wraps and Sandwiches	
12 Orange Chicken Carne Asada Tortas Chicken and Waffles with String Cheese Chicken Enchiladas	13 Lasagna/Garlic Bread Bufalo Wings/Corn/G. Bread Steak Quesadillas Nachos Supreme	14 Carne Asada Baked potatoes Chicken Alfredo Chicken Tender Basket Spicy Chicken Wrap	15 Pop Corn Chicken Bowl Spicy Chicken Burritos Southwest Wrap Tamales /Refried Beans Southwest Wrap/ Ham and Cheese Club	16 Pepperoni Pizza Spicy Chicken Burgers Buffalo Wings Basket
19 BBQ Ribs Dinner Buffalo Wings Chicken Tamales with Potato Salad and Beans Spicy Chicken Wraps	20 carne Asada Burritos Nachos Supreme Teriyaki Chicken Chicken Enchiladas	21 Barbacoa/Mexican Rice Fried Chicken Basket Pozole with Tortilla Chips Phili Steak Sandwiches	22 Spicy Chicken Burrito Chicken Alfredo Chicken Caesar Wrap Kun Pao Chicken with Oriental Rice	23 Big Daddys Pizza Buffalo Chicken Wings Spicy Chicken Burgers
<b>MEMORIAL DAY</b> 	27 Chicken and Waffles Chicken Tamales Meat Lasagna/Garlic Bread Southwest Chicken Wraps	28 Chicken Wings BBQ Ribs Basket Carne Asada Torta	29 Pozole Barbacoa /Mexican Rice Steak Quesadillas Ham and Cheese Club	30 Papa John's Pizza Tajin Cucumbers Pozole Spicy Chicken Burgers

Let's Celebrate School Lunch Hero Day on May 2nd

Health and Learning Success Go Hand-in-Hand

### Harvest of the Month™ STRAWBERRY



#### Healthy Serving Ideas

Slice strawberries into high fiber cereal and calcium-rich low-fat yogurt. • Blend frozen strawberries with orange juice (or low-fat yogurt) and ice to make a quick and tasty smoothie. • Add strawberries to a spinach salad. • Microwave sliced strawberries with a small amount of 100% orange juice to make a topping for pancakes and waffles

### BERRY BANANA SPLIT

Makes 1 serving.

Prep time: 5

1 small banana, peeled

$\frac{1}{2}$  cup low-fat vanilla yogurt

1 tablespoon low-fat granola

$\frac{1}{2}$  cup sliced strawberries (fresh or frozen) Directions:

1. Cut banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Places banana halves on both sides of yogurt.
4. Top yogurt with granola and berries. Serve.

Nutrition information per serving: Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g.

Cholesterol 6 mg, Sodium 98 mg

For recipes and tips, visit: [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net)

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