

High School

Week 4	Monday 5/19	Tuesday 5/20	Wednesday 5/21	Thursday 5/22	Friday 5/23
	Pasta & Meatballs w/Marinara Roasted Broccoli Dinner Roll Fresh Fruit A Variety of Fluid Milks	Tatcho's, Ground Beef, Black Beans, Corn, Cheese Sauce, Salsa, Lettuce, Tomatoes Fresh Fruit A Variety of Fluid Milks	Wing Day Assorted Sauces Baked Fries Carrots & Celery Pretzel Stick Fresh Fruit A Variety of Fluid Milks	Tandoori Chicken w/Mint Chutney Seasoned Rice Buttered Edamame Fresh Fruit A Variety of Fluid Milks	Roast Turkey w/Country Gravy Mashed Potatoes Glazed Carrots Biscuit Fresh Fruit A Variety of Fluid Milks
	Hot Honey Chicken Sandwich Cheeseburger Spicy Chicken Sandwich	Vegetable Lo Mein Cheeseburger Spicy Chicken Sandwich	Black Bean Burger Cheeseburger Spicy Chicken Sandwich	Chicken Parm Sandwich Cheeseburger Spicy Chicken Sandwich	Grilled Cheese Cheeseburger Spicy Chicken Sandwich
	Buffalo Chicken Pizza Pepperoni Pizza Cheese Pizza	Margherita Pizza Pepperoni Pizza Cheese Pizza	BBQ Pulled Pork Pizza Pepperoni Pizza Cheese Pizza	Veggie Lover's Pizza Pepperoni Pizza Cheese Pizza	Cheesy Garlic and Spinach Pizza Pepperoni Pizza Cheese Pizza
	<p>Daily Choice of: Bowl, Burrito, Nachos Protein Choices: Daily-Taco Beef, Fajita Chicken Weekly Special-Chorizo Assorted Salsa's (Corn Bean, Pico, Salsa Verde), Roasted Peppers & Onion, Sour Cream, Lettuce, Cheese, Jalapeno's, Olives,</p>				
Stacked	<p>Daily Choice of: Wrap, Hoagie Bun, Hamburger Bun Protein Choices: Turkey, Ham, Salami, Chicken Salad, Tuna Salad Weekly Special-Buffalo Chicken Assorted Sides: Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Fresh Peppers Assorted Sauces: Mayo, Mustard, Ranch, Buffalo Ranch, Honey Mustard, Chipotle Mayo</p>				
<p>Breakfast-Free Lunch-\$3.75 Adult Meals-\$5.00 Milk-\$.75 Lunch Includes: Two Servings of Fruits or Vegetables, One Serving of Grain or Bread, One Low-Fat or Fat Free Milk</p> <p>Contact your Food Service Director, at 216-295-4342 or email schindley_a@shaker.org for questions or comments This institution is an equal opportunity provider.</p>					

