

# JUNE HS LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">-1-</p> <p>WG BREADED CHICKEN NUGGETS WG WAFFLES SYRUP OR VEGETARIAN NUGGETS WG WAFFLES SYRUP OR WG ITALIAN CHICKEN MEATBALL SUB ON WG HOAGIE BUN OR WG PIZZA DIPPERS MARINARA SAUCE</p> <p style="text-align: center;">AND</p> <p>STEAMED CARROTS GARDEN SALAD with CHERRY TOMATO GARNISH RANCH DRESSING BBQ SAUCE APPLESAUCE FRESH ORANGE WEDGES CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO SALAD: GARDEN SALAD/ WG DINNER ROLLS BUTTER/ DRESSING APPLESAUCE CUP FRESH ORANGE CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK WG PRETZEL CRACKERS OR *YOGURT CUP/CHEESE STICK WG CHERRY MUFFIN</p> <p style="text-align: center;">AND</p> <p>100% VEGETABLE JUICE FRESH BABY CARROTS RANCH DRESSING APPLESAUCE CUP FRESH ORANGE CHOICE OF MILK</p>	<p style="text-align: center;">-2-</p> <p>SLICED TURKEY WITH GRAVY OR VEGETARIAN CHICKEN NUGGETS Both Served with-- WG PAN ROLL (2) BUTTER (2) OR PHILLY STEAK SANDWICH on WG HOAGIE BUN OR WG HALAL CHICKEN TENDERS WG PAN ROLL BUTTER</p> <p style="text-align: center;">AND</p> <p>MASHED POTATOES MIX BERRY CUP FRESH FRUIT BOWL "LOCAL" ICE CREAM CUP CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO- CAJUN CHICKEN SALAD WG MINI BREADSTICK/BUTTER DRESSING/CHOICE OF FRUIT CHOICE OF MILK OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK FRITOS OR *YOGURT CUP/CHEESE STICK WG LARGE BLUEBERRY MUFFIN</p> <p style="text-align: center;">AND</p> <p>FAVA BEANS 100% VEGETABLE JUICE BABY CARROTS RANCH DRESSING MIX BERRY CUP FRESH FRUIT CHOICE OF MILK</p>	<p style="text-align: center;">-3-</p> <p>WG ROTINI PASTAS &amp; SAUCE CHICKEN MEATBALLS WG BREADSTICK &amp; BUTTER OR WG MACARONI &amp; CHEESE WG BREADSTICK &amp; BUTTER OR PEPPERONI CALZONE OR BREADED HALAL CHICKEN PATTY on WG HAMBURGER BUN MAYONNAISE</p> <p style="text-align: center;">-AND-</p> <p>ROMAINE GARDEN SALAD with SHREDDED CARROT GARNISH FRESH BROCCOLI FLORETS DRESSING PEAR SLICES BLUE RASPBERRY 100% FRUIT JUICE SIDEKICK CHOICE OF MILK OR GRAB N GO SALAD: CHEF SALAD WG PAN ROLLS/BUTTER DRESSING PEAR CUP BLUE RASPBERRY 100% FRUIT JUICE SIDEKICK CHOICE OF MILK OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK PRETZEL CRACKERS OR *YOGURT CUP/CHEESE STICK WG LARGE BLUEBERRY MUFFIN</p> <p style="text-align: center;">AND</p> <p>100% VEGETABLE JUICE FAVA BEANS FRUIT CUP BLUE RASPBERRY 100% FRUIT JUICE SIDEKICK CHOICE OF MILK</p>	<p style="text-align: center;">-4-</p> <p>WG PERSONAL MEAT EATER PIZZA OR WG PIZZA DIPPERS MARINARA SAUCE OR WG +TURKEY SAUSAGE PIZZA WEDGE OR WG CHICKEN WING BITES WG BREADSTICK / BUTTER BBQ SAUCE PACKET</p> <p style="text-align: center;">AND</p> <p>POTATO TWISTERS TENDER SWEET PEAS KETCHUP FRESH APPLE PINEAPPLE CHUNKS CHOICE OF MILK OR GRAB N GO SALAD: GARDEN SALAD WG DINNER ROLL/BUTTER DRESSING FRESH APPLE PINEAPPLE CUP</p> <p style="text-align: center;">OR</p> <p>GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK FRITOS OR +TURKEY HAM SUB MAYONNAISE / MUSTARD</p> <p style="text-align: center;">AND</p> <p>FAVA BEANS FRESH BABY CARROTS RANCH DRESSING PINEAPPLE CUP FRESH APPLE CHOICE OF MILK</p>	<p style="text-align: center;">-5-</p> <p style="text-align: center;">NO CLASSES</p>

NUTRI-NOTE: \*=Pork +=Turkey. All meals include 1/2 pint of milk. Students may choose Skim or 1% White Milk at Breakfast, and Skim, 1% White Milk or Fat Free Chocolate Milk at Lunch AND Dinner. All Menus and Special Dietary Needs forms are available in 7 different languages; they can be found on the MPS Department of Nutrition Services webpage at: [mpsmke.com/nutrition](http://mpsmke.com/nutrition) Menu subject to change.

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# JUNE HS LUNCH MENU

<p style="text-align: center;">-8-</p> <p>WG FRENCH TOAST STICK WITH +TURKEY CHICKEN SAUSAGE PATTIES OR COLBY CHEESE EGG OMELET WG LARGE BLUEBERRY MUFFIN OR WG CHICKEN WING BITES WG BREADSTICKS/BUTTER OR WG PIZZA DIPPERS MARINARA SAUCE</p> <p style="text-align: center;">-AND-</p> <p>ROASTED DELI POTATOES 100 % VEGETABLE JUICE KETCHUP / SYRUP APPLESAUCE CUP FRESH ORANGE CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO SALAD: GARDEN SALAD WG DINNER ROLLS DRESSING/BUTTER APPLESAUCE CUP FRESH ORANGE CHOICE OF MILK</p> <p style="text-align: center;">GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK FRITOS OR *YOGURT CUP/CHEESE STICK WG LARGE SUNRISE MUFFIN</p> <p style="text-align: center;">AND</p> <p>100% VEGETABLE JUICE FAVA BEANS FRESH ORANGE APPLESAUCE CUP CHOICE OF MILK</p>	<p style="text-align: center;">-9-</p> <p>CAJON CHICKEN ALFREDO WG MINI CORN LOAF &amp; BUTTER OR WG MACARONI &amp; CHEESE WG MINI CORN LOAF &amp; BUTTER OR BREADED SPICY CHICKEN PATTY on WG HAMBURGER BUN MAYONNAISE SHREDDED LETTUCE/TOMATO GARNISH OR VEGETARIAN NUGGETS WG MINI CORN LOAF &amp; BUTTER</p> <p style="text-align: center;">-AND-</p> <p>ROMAINE GARDEN SALAD with SHREDDED GARNISH GRAPE TOMATOES RANCH/FRENCH DRESSING FRESH STRAWBERRIES CHOICE OF FRUIT CUP CHOICE OF MILK OR GRAB N GO SALAD: CHEF SALAD LARGE WG CORN MUFFIN BUTTER / DRESSING CHOICE OF MILK OR GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK PRETZEL CRACKERS OR WG TURKEY HAM &amp; CHEESE RANCH WRAP</p> <p style="text-align: center;">AND</p> <p>100% VEGETABLE JUICE FAVA BEANS FRESH STRAWBERRIES PEACH CUP CHOICE OF MILK</p>	<p style="text-align: center;">-10-</p> <p>4 CHEESE WG ENCHILADAS WITH SAUCE OR WG MOZZARELLA CHEESE BITES MARINARA SAUCE OR WG CHEESE QUESADILLAS OR WG TURKEY CHIPOTLE WG WRAP</p> <p style="text-align: center;">AND</p> <p>TEXAS RANCHERO PINTO BEANS ROMAINE SALAD WITH CHERRY TOMATO GARNISH FRESH APPLE BANANA CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO SALAD: SOUTHWEST SALAD WG CORNBREAD MUFFIN /FAVA BEANS TORTILLA STRIPS DRESSING FRESH APPLE / CHOICE OF FRUITS CHOICE OF MILK</p> <p style="text-align: center;">OR</p> <p>GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK FRITOS OR *YOGURT CUP/CHEESE STICK WG LARGE BLUEBERRY MUFFIN</p> <p style="text-align: center;">AND</p> <p>FAVA BEANS 100% VEGETABLE JUICE FRESH APPLE BANANA CHOICE OF MILK</p>	<p style="text-align: center;">-11-</p> <p style="text-align: center;">EXAM DAY</p> <p style="text-align: center;">GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK FRITOS OR *YOGURT CUP/CHEESE STICK WG LARGE SUNRISE MUFFIN</p> <p style="text-align: center;">AND</p> <p>100% VEGETABLE JUICE FRESH BROCCOLI BUDS RANCH DRESSING PINEAPPLE CUP CHOICE OF MILK</p>	<p style="text-align: center;">-12-</p> <p style="text-align: center;">EXAM DAY</p> <p style="text-align: center;">GRAB N GO BAGS: *SMALL WG PB&amp;J /CHEESE STICK FRITOS OR *YOGURT CUP/CHEESE STICK WG LARGE BLUEBERRY MUFFIN</p> <p style="text-align: center;">AND</p> <p>FAVA BEANS 100% VEGETABLE JUICE BABY CARROTS RANCH DRESSING MIX FRUIT CUP FRESH APPLE SLICES CHOICE OF MILK</p>
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-15- EXAM DAY  GRAB N GO BAGS: *SMALL WG PB&J /CHEESE STICK WG PRETZEL CRACKERS OR *YOGURT CUP/CHEESE STICK WG LARGE CHERRY MUFFIN  AND 100% VEGETABLE JUICE CUCUMBER SLICES RANCH DRESSING FRESH PEAR APPLESAUCE CUP CHOICE OF MILK	-16-	-17-	-18-	-19-
-22-	-23-	-24-	-25-	-26-
-29-	-30-			

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