

# 2017

# MAY High School Lunch



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CHOICES

SIDES

<b>1</b>	PORKETTA WITH RICE PILAF FISH & CHEESE SANDWICH SWEET POTATO FRIES CHEESE OR BEEF PEPPERONI PIZZA
	GREEN BEANS
	SALAD BAR

<b>2</b>	TOMATO PARMESAN BAKED FISH LENTIL SOUP WITH CHOICE OF DELI SANDWICH CHICKEN BURRITO BOWL NORTHSIDE GREEK SALAD
	ROASTED YUKON GOLD POTATOES
SALAD BAR WITH MY ROCKIN' BEAN SALAD	

<b>3</b>	CHICKEN A LA KING WITH RICE FISH & CHEESE SANDWICH SWEET POTATO FRIES SPAGHETTI & MEATBALLS BUFFALO CHICKEN SALAD
SALAD BAR WITH MY ROCKIN' BEAN SALAD	

<b>4</b>	BBQ CHICKEN LENTIL SOUP WITH CHOICE OF DELI SANDWICH CHICKEN BURRITO BOWL CHEF SALAD
	AU GRATIN POTATOES
SALAD BAR WITH MY ROCKIN' BEAN SALAD	

<b>5</b>	CHICKEN OR BLACK BEAN QUESADILLA SOUTHWEST RICE FISH & CHEESE SANDWICH SWEET POTATO FRIES CHEESE, BEEF PEPPERONI OR SPECIALTY PIZZA
SALAD BAR	

MPS WELLNESS WEEK  
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<b>8</b>	TATER TOT HOTDISH BBQ PULLED PORK SANDWICH TATER TOTS CHEESE OR BEEF PEPPERONI PIZZA
	SALAD BAR

<b>9</b>	SWEDISH MEATBALLS WITH MASHED POTATOES BRASA'S CURRIED CHICKEN RICE, PINEAPPLE & PEPPERS TUSCAN BEAN SOUP WITH CHOICE OF DELI SANDWICH CHICKEN CAESAR SALAD
	ROASTED BEETS
SALAD BAR WITH QUINOA TABBOULEH	

<b>10</b>	TUSCAN BEAN SOUP WITH GARLIC TOAST BBQ PULLED PORK SANDWICH TATER TOTS CHICKEN ALFREDO OR PASTA ALFREDO BUFFALO CHICKEN SALAD
SALAD BAR WITH QUINOA TABBOULEH	

<b>11</b>	FERNDALE TURKEY TACOS BLACK BEANS, SALSA LISA BRASA'S CURRIED CHICKEN RICE, PINEAPPLE & PEPPERS TUSCAN BEAN SOUP & DELI SANDWICH CHICKEN CAESAR SALAD
	MIX MI CHOCOLATE FROZEN YOGURT
SALAD BAR WITH QUINOA TABBOULEH	

<b>12</b>	FISH TACOS WITH BLACK BEANS & RICE BBQ PULLED PORK SANDWICH TATER TOTS CHEESE OR BEEF PEPPERONI PIZZA
SALAD BAR	

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<b>15</b>	TUNA NOODLE BAKE BUFFALO CHICKEN FLATBREAD SWEET POTATO WAFFLE FRIES CHEESE OR BEEF PEPPERONI PIZZA
SALAD BAR	

<b>16</b>	GARLIC CHEESE BREAD WITH MARINARA POTATO CHOWDER WITH CHOICE OF DELI SANDWICH BEEF BURRITO BOWL TACO SALAD OR BLACK BEAN TACO SALAD
	CALIFORNIA VEGETABLE BLEND
MARKET CART SALAD BAR WITH JALISCO BEAN SALAD	

<b>17</b>	CHICKEN FRIED RICE BUFFALO CHICKEN FLATBREAD SWEET POTATO WAFFLE FRIES CHICKEN PARMESAN BUFFALO CHICKEN SALAD
	ROASTED CARROTS
MARKET CART SALAD BAR WITH JALISCO BEAN SALAD	

<b>18</b>	FRENCH HERB CHICKEN PARSLEY BUTTERED POTATOES POTATO CHOWDER WITH CHOICE OF DELI SANDWICH BEEF BURRITO BOWL CHEF SALAD
MARKET CART SALAD BAR WITH JALISCO BEAN SALAD	

<b>19</b>	BAKED POTATO WITH HAM, BROCCOLI & CHEESE BUFFALO CHICKEN FLATBREAD SWEET POTATO WAFFLE FRIES CHEESE, BEEF PEPPERONI OR SPECIALTY PIZZA
SALAD BAR	

CHOICES

SIDES

<b>22</b>	ORANGE CHICKEN WITH SOBA NOODLES SWEET & SPICY CHICKEN SANDWICH, JOJO POTATOES CHEESE OR BEEF PEPPERONI PIZZA
	STEAMED BROCCOLI
SALAD BAR	

<b>23</b>	GRILLED CHEESE & TOMATO SOUP TOMATO SOUP WITH CHOICE OF DELI SANDWICH RAMEN BOWL WITH CHICKEN & TOPPING CHICKEN CAESAR SALAD
MARKET CART SALAD BAR WITH CURRIED RICE SALAD	

<b>24</b>	CHICKEN OR BLACK BEAN QUESADILLA, SOUTHWEST RICE SWEET & SPICY CHICKEN SANDWICH, JOJO POTATOES CHEESE LASAGNA, GARLIC TOAST BUFFALO CHICKEN SALAD
	CORN
MARKET CART SALAD BAR WITH CURRIED RICE SALAD	

<b>25</b>	TURKEY & GRAY MASHED POTATOES TOMATO SOUP WITH CHOICE OF DELI SANDWICH RAMEN BOWL WITH CHICKEN & TOPPING CHICKEN CAESAR SALAD
	COUNTRY VEGETABLE MEDLEY
MARKET CART SALAD BAR WITH CURRIED RICE SALAD	

<b>26</b>	POTATO CRUSTED FISH WITH MAC & CHEESE SWEET & SPICY CHICKEN SANDWICH, JOJO POTATOES CHEESE, BEEF PEPPERONI OR SPECIALTY PIZZA
	PEAS
SALAD BAR	

CHOICES

SIDES

<b>29</b>	<b>No School</b>
SALAD BAR	

<b>30</b>	TOMATO PARMESAN BAKED FISH LENTIL SOUP WITH CHOICE OF DELI SANDWICH CHICKEN BURRITO BOWL NORTHSIDE GREEK SALAD
SALAD BAR	

<b>31</b>	CHICKEN A LA KING WITH RICE FISH & CHEESE SANDWICH SWEET POTATO FRIES SPAGHETTI & MEATBALLS BUFFALO CHICKEN SALAD
SALAD BAR	

## KNOW YOUR FOOD



MEATLESS OPTION AVAILABLE



FARM TO SCHOOL ITEM



CONTAINS FISH



CONTAINS PORK



TRUE FOOD CHEF COUNCIL RECIPE



OUR BAKED GOODS ARE WHOLE GRAIN



SKIM & 1% MILK AVAILABLE DAILY