



# PYUSD Nutrition Services

## High School Menu

### May 2019

Feeding Hungry Minds



## Fresh Start

Student Breakfast \$1.50

**Cinnamon Roll, Pan Dulce, Bagel & Cream Cheese, Yogurt Parfait, Bosco Stick or Assorted Cereal w/ String Cheese.**

### Daily Breakfast Specials:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scrambler Bowl	Dutch Waffle w/Sausage	Pancake Wrap	English Muffin Sandwich	Breakfast Burrito

### Lunch Specials

Student Lunch \$3.25

#### Week 1

Fresh & Fit - Chinese Chicken Salad or Hummus Veggie Wrap

May 06 MONDAY	May 07 TUESDAY	May 08 WEDNESDAY	May 09 THURSDAY	May 10 FRIDAY
<i>BYO Burger</i> Hamburger Patty w/ Assorted Toppings and Sauces Seasoned Fries	<i>Popcorn Chicken Bowl</i> Popcorn chicken Mashed Potatoes w/ Gravy Golden Corn Biscuit	<i>Taco/Nacho Bar</i> Seasoned Taco Meat or Seasoned Chicken Refried Beans Fiesta Rice	<i>Breakfast for Lunch</i> French Toast Sticks Scrambled Eggs Sausage ☺ Tater Tots	<i>Saucy</i> Chicken Tenders w/ Choice of BBQ, Buffalo or Teriyaki Sauce Seasoned Fries Garlic Breadstick

#### Week 2

Fresh & Fit - Pasta Salad or Buffalo Chicken Wrap

May 13 MONDAY	May 14 TUESDAY	May 15 WEDNESDAY	May 16 THURSDAY	May 17 FRIDAY
<i>Asian Bowl</i> Teriyaki or Orange Chicken Fried Rice or Noodles Steamed Mixed Vegetable	<i>Pasta Bar</i> Alfredo or Marinara Sauce Chicken or Seasoned Beef Seasoned Broccoli Garlic Breadstick	<i>Burrito/Nacho Bar</i> Chicken Fajita or Spicy Pork Carnitas Pinto Beans Cilantro Lime Rice	<i>Homestyle Favorite</i> Oven Roasted Turkey Mashed Potatoes w/ Gravy Green Beans Dinner Roll	<i>LTO - Hot Sandwich Bar</i> French Dip or Banh-Mi Seasoned Fries

#### Week 3

Fresh & Fit - Thai Chicken Noodle Salad or Hummus Veggie Wrap

May 20 MONDAY	May 21 TUESDAY	May 22 WEDNESDAY	May 23 THURSDAY	May 24 FRIDAY
<i>Homestyle Favorite</i> Meatloaf AuGratin Potatoes Green Beans Dinner Roll	<i>Just Say Cheez</i> Pasta w/ Cheese Sauce Seasoned Chicken Assorted Toppings Broccoli Garlic Breadstick	<i>Street Tacos</i> Carne Asada or Chicken Fajita Refried Beans Fiesta Rice	<i>Backyard BBQ</i> BBQ Pulled Pork ☺Or BBQ Chicken Sandwich Baked Beans Golden Corn	<i>Flatbread</i> Pepperoni Or Cheese Flatbread Tossed Caesar Salad

#### Week 4

Fresh & Fit - Chicken Caesar Salad or Buffalo Chicken Wrap

May 27 MONDAY	May 28 TUESDAY	May 29 WEDNESDAY	May 30 THURSDAY	May 31 FRIDAY
Holiday	<i>Chicken Parmesan</i> Chicken Parmesan Pasta w/ Marinara Seasoned Broccoli Garlic Breadstick	<i>Nacho Bar</i> Tortilla Chips Seasoned Taco Meat Refried Beans Nacho Cheese	<i>Chili Bar</i> Chili Fries w/ Corn Bread or Chili Dog Tater Tots Assorted Toppings	<i>Chicken &amp; Waffles</i> Chicken Tenders w/ Waffles Southern Green Beans

### THE GRILL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spicy Tender-N- Fries	Swiss-Bacon Cheeseburger	Chicken Nuggets w/ Fries	Western Bacon Cheeseburger	LTO Special

### Vegetarian Option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bean & Cheese Burrito	Grilled Cheese	Bean & Cheese Burrito	Cheese Quesadilla	B-4 The Burger-V

### Available Daily



Cheese & Pepperoni Pizza

Crispy Chicken Sandwich

Spicy Chicken Sandwich

Cheeseburger

All Meals are served with choice of Fat Free Chocolate Milk or 1% Milk

All Meals are served with choice of Fresh Fruit & Veggies

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