

May 2018

High School Lunch Menu

| | MONDAY | TUESDAY 1 | WEDNESDAY 2 | THURSDAY 3 | FRIDAY 4 |
|---|--------|--|--|--|---|
| Homemade Creations | | Baked Spaghetti & Meat Sauce Dinner Roll Seasoned Green Beans | Grilled Turkey Ham and American Melt Seasoned Corn Cheese Pizza (V) | Breaded Fish Melt Cheese Enchiladas (V) Kickin' Pinto Beans | Turkey Dog Chili Cajun Fries Vegetarian Baked Beans (V) |
| Made to Order Sandwiches, Salads, and Grill | | Chickpea Salad Plate (V) Breaded Chicken Melt with Salsa All American Salad Saltine Crackers Sweet Potato French Fries | Chef Salad with Chicken Saltine Crackers 3/2pk Cold Turkey Breast and American Cheese Wrap Crinkle Cut Fries | Grilled Cheese Sandwich (V) Chef Salad with Turkey Ham Saltine Crackers Potato Wedges | Cheeseburger Tuna Salad Saltine Crackers Sweet Tator Bites |
| Pizza Zone | | Cheese Pizza (V) | Turkey Chorizo Sausage Crumble Pizza | Meatball and Turkey Sausage Meat Lovers Pizza | Buffalo Ranch Chicken Strip Pizza |
| Fiesta Zone | | Kickin' Pinto Bean and Rice Bowl (V) Sante Fe Rice | Bean Burrito (V) Red Beans & Rice (V) | Beef & Pinto Bean Nachos with Cheese Charro Beans | Spicy Black Bean Wrap Mexican Spiced Rice |

(V) = Vegetarian

OFFERED DAILY: 100% Fruit Juice, Fruit (to include but not limited to apple/orange wedges, banana and grapes), & a Variety of Milk
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All menus are subject to change based on product availability

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May 2018

High School Lunch Menu

| | MONDAY 7 | TUESDAY 8 | WEDNESDAY 9 | THURSDAY 10 | FRIDAY 11 |
|---|--|--|--|--|---|
| Homemade Creations | Italian Meat Sauce Spaghetti Seasoned Green Peas Dinner Roll | Turkey Chili & Cheese Mac Pinto Bean Nachos w/ Cheese Sauce (V) Seasoned Broccoli | Roasted Chicken & Sauce Mashed Potatoes Veggie Chili Baked Potato (V) | Chili & Cheese Nachos Cheesy Penne Pasta (V) Seasoned Corn | Loaded Baked Potato w/ Cheese & Sausage Crumbles Macaroni and Cheese (V) Black Eyed Peas |
| Made to Order Sandwiches, Salads, and Grill | Grilled Three Cheese Sandwich (V) Cheeseburger Chef Salad w/Egg Saltine Crackers Sweet Potato French Fries | Jamaican Spiced Chicken Flatbread Sandwich Turkey Ham & American Cheese Sandwich Crinkle Cut Fries | Grilled Turkey Ham and American Melt Tuna Salad Saltine Crackers Sweet Tator Bites | Spicy Chicken Patty Sandwich Three Cheese Sandwich (V) Potato Wedges | Turkey Hot Dog Chicken Salad Sandwich Tator Bites |
| Pizza Zone | Chorizo Sausage Crumble Pizza | Buffalo Chicken Pizza | White Cheese & Turkey Sausage Flatbread Pizza | BBQ Chicken Strips Pizza | Cheese Pizza (V) |
| Fiesta Zone | Kickin' Taco Pinto Salad (V) Black Charro Beans | Black Bean, Corn & Cheese Burrito (V) BBQ Campfire Pinto Beans | Cheese Quesadilla (V) Yellow Rice | Bean and Cheese Burrito (V) Rice and Corn Salad | Black Bean & Corn Salad (V) Mexican Spiced Rice |

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| | MONDAY 14 | TUESDAY 15 | WEDNESDAY 16 | THURSDAY 17 | FRIDAY 18 |
|--|---|---|--|--|---|
| Homemade Creations | Chili Cajun Fries Baked Pasta w Marinara Sauce and Cheese (V) Steamed Carrots | Fish Wedge Macaroni & Cheese (V) Seasoned Green Beans | Cheeseburger Broccoli Cheese & Rice Casserole (V) Baked Beans (V) | Roast Turkey & Sauce Cornbread Dressing Seasoned Collard Greens Wow Butter and Jelly Sandwich (V) | Turkey Chili & Cheese Mac Chicken Salad Sandwich Seasoned Corn |
| Made to Order Sandwiches, Salads, and Grill | Breaded Fish Melt Sandwich Turkey Breast and Cheddar Cheese Sandwich Sweet Potato French Fries | Grilled Cheese Sandwich Southwest Chicken Salad Crinkle Cut Fries | Swiss Cheese sandwich All American Salad Saltine Crackers Potato Wedges | Chili Cheese Dog Chef Salad with Egg (V) Saltine Cracker Sweet Tator Bites | Hot Dog on Bun Cold Turkey Ham and Cheese Sandwich Crinkle Cut Fries |
| Pizza Zone | Cheese Pizza (V) | Turkey Chorizo Sausage Crumble Pizza | Meatball and Turkey Sausage Meat Lovers Pizza | Buffalo Ranch Chicken Strip Pizza | BBQ Chicken Strips Pizza |
| Fiesta Zone | Black Bean & Corn Quesadilla (V) Mexican Corn Salad | Beef and Bean Burrito Mexican Spiced Rice | Nachos with Pinto Beans (V) Black Bean & Corn Salad | Chicken Nachos Red Beans & Rice (V) | Kickin' Pinto Taco Salad (V) Sante Fe Rice |

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High School Lunch Menu

| | MONDAY 21 | Tuesday 22 | Wednesday 23 | Thursday 24 | Friday 25 |
|------------------------|--|--|--|---|--|
| Grab N Go Lunch | Spicy Chicken Patty Sandwich Wow Butter & Jelly Sandwich (V) Whole Apple Graham Crackers Blended Fruit Juice | Veggie Burger with American Cheese (V) All American Turkey Combo and Cheese Sandwich Orange Zucchini Slices Ranch Dressing Animal Crackers Orange Juice | Grilled Turkey Ham and American Melt Grilled Cheese Sandwich (V) Banana Broccoli Bites Ranch Dressing Cheez-It Crackers Grape Juice 4 oz. | Veggie Wrap (V) Turkey Breast Wrap Apple Whole Baby Carrots Ranch Dressing Cracker Graham Apple Juice 4 oz. | Black Bean Cheeseburger (V) Turkey Ham and Cheddar Cheese Sandwich Orange Whole Celery Ranch Dressing Animal Crackers Blended Fruit Juice |

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APS Salad Bowl High School

Served Every day:
Tossed Leafy Greens, Cucumbers, Tomatoes,
Onions (sliced/diced), Jalapeno Peppers, & Pickles

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | 1 Celery Sticks Mixed Fruit Apple Juice | 2 Carrot & Raisin Salad Whole Orange Grape Juice | 3 Creamy Coleslaw Fresh Fruit Cup Orange Juice | 4 Fresh Baby Carrots Pears Blended Fruit Juice |
| 7 Fresh Cucumbers Fresh Fruit Cup Orange Juice | 8 Fresh Baby Carrots Pears Grape Juice | 9 Potato Salad Applesauce Blended Fruit Juice | 10 Fresh Tomato Wedges & Ranch Dressing Peaches Grape Juice | 11 Celery Sticks Mixed Fruit Apple Juice |
| 14 Celery Sticks Peaches Grape Juice | 15 Broccoli Bites Whole Orange Apple Juice | 16 Fresh Cucumber Slices Fresh Fruit Cup Blended Fruit Juice | 17 Fresh Baby Carrots Banana Orange Juice | 18 Creamy Coleslaw Pears Blended Fruit Juice |

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May 2018

High School Traditional Breakfast Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| | 1 | 2 | 3 | 4 |
| | Turkey Ham, Egg & Cheese Sandwich Blueberry Muffin (V) Graham Crackers Pears Apple Juice | Cheese Toast (V) Turkey Sausage Breakfast Pizza Brown Sugar Oatmeal Graham Crackers Banana Grape Juice | Egg Patty & American Cheese Sandwich (V) Grits (V) Raspberry Yogurt (V) Toast Peaches Blended Fruit Juice | Scrambled Eggs with Diced Turkey Ham Peach Oatmeal (V) Graham Crackers Applesauce Orange Juice |
| 7 | 8 | 9 | 10 | 11 |
| Turkey Sausage Biscuit Blueberry Muffin (V) Cheese Grits (V) Graham Crackers Pineapple Tidbits Orange Juice | Scrambled Eggs with Diced Turkey Ham & Biscuit Raspberry Yogurt (V) Graham Crackers Peaches Grape Juice | Egg and Cheese Sandwich (V) Brown Sugar Oatmeal (V) Applesauce Blended Fruit Juice | Warm Turkey Ham Slices Cheese Grits (V) Warm Oatmeal Raisin Bar (V) Graham Crackers Banana Grape Juice | Scrambled Eggs (V) Cheesy Biscuit (V) Peach Oatmeal (V) Pears Apple Juice |
| 14 | 15 | 16 | 17 | 18 |
| Turkey Sausage Breakfast Pizza Raspberry Yogurt (V) Graham Crackers Pears Grape Juice | Eggs & Turkey Ham Biscuit Cheese Toast (V) Peach Oatmeal (V) Graham Crackers Pineapple | Scrambled Eggs with Cheese (V) Toast Strawberry Banana Yogurt (V) Graham Crackers Applesauce Blended Fruit Juice | Turkey Ham Biscuit Banana Muffin (V) Oatmeal with Brown Sugar (V) Graham Crackers Peaches Orange Juice | Turkey Sausage Biscuit Strawberry Banana Yogurt (V) Grits (V) Biscuit Banana Blended Fruit Juice |
| 21 | 22 | 23 | 24 | 25 |
| Eggs and Turkey Ham Biscuit Cheese Biscuit (V) Grits (V) Graham Crackers Peaches Blended Fruit Juice | Scrambled Eggs with Cheese (V) Cheese Grits (V) Raspberry Yogurt (V) Graham Crackers Applesauce Orange Juice | Turkey Sausage & Egg Patty Sandwich Biscuit Maple Oatmeal (V) Graham Crackers Pears Grape Juice | Hard Cooked Egg (V) Cheese Grits (V) Cheese Toast (V) Strawberry Banana Yogurt (V) Banana Apple Juice | Scrambled Eggs with Diced Turkey Ham Oatmeal (V) Graham Crackers Pineapple Tidbits Blended Fruit Juice |

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