

# May Junior High Menu

MON

TUE

WED

THU

FRI



## HARVEST OF THE MONTH: SEAFOOD

1 Sweet N Sour Chicken With Pineapple, Peppers & Onions, Brown Rice and Side of Roasted Carrots

2 **NEW!** Harvest of the Month Fish Tacos served with Cole Slaw and Tater Tots or Grilled Cheese

3 Walden Hamburger, Cheeseburger, or Veggie Burger Lettuce, Pickles, Onion, and Tomato Tater Tots

6 General Tso's Chicken Tossed Over Brown Rice and Broccoli

7 Tacos with Lean Beef, Beans, Salsa, Sour Cream, and Lettuce or Quesadillas Corn & Bean Salad

8 Chicken Wings with Choice of Sauce, Oven Baked Fries, and Corn

9 Vegetarian Lo Mein with Choice of Chicken, Side of Stir Fry Vegetables, and Fortune Cookie

10 Chicken, Broccoli, Ziti in Alfredo Sauce, Garlic Breadstick, Roasted Local Veggies

13 Mozzarella Sticks or Pizza Sticks, Marinara Dip and Sweet Potato Fries

14 **NEW!** Totchos! Potato Puffs, with Lean Beef, Beans, Salsa, Sour Cream, and Lettuce Corn and Bean Salad

15 Orange Chicken, Fried Rice with Peas & Carrots Fortune Cookie

16 **National BBQ Day** Mac and Cheese with choice of BBQ Pulled Pork, Breadstick, and Roasted Veggies

17 Chef Special 

20 Breakfast for Lunch Hash brown, Chicken Sausage, and Orange Juice

21 Popcorn Chicken Bowl with Mashed Potatoes, Corn, and Gravy

22 Revolution Bowl with Chicken, Black Beans, Brown Rice, Salsa, Sour Cream, Guacamole

23 Steak and Cheese Subs or Grilled Cheese Sandwiches with Tater Tots

24 Walden Hamburger, Cheeseburger, or Veggie Burger Lettuce, Pickles, Onion, and Tomato Tater Tots

27 **No School**



28 Teriyaki Chicken Tossed Over Brown Rice and Carrots

29 Chicken Patty, Spicy Chicken Patty, or Veggie Burger, Tater Tots, Corn and Bean Salad

30 Sweet Chili Noodle Bowl with Veggies and Choice of Chicken

31 Sal's Pizza Choice of Toppings Little Leaf Farms Tossed Salad

## ANNOUNCEMENTS

For National Creativity Day, we are looking for new recipe ideas! Please submit your recipe idea and name to [bippolito@abschools.org](mailto:bippolito@abschools.org)!

 =Vegetarian Main Lunch Available

Each student also may choose from our daily lunch options which include a choice of Boar's Head Deli Sandwiches, Peanut Butter and Jelly, Power Packs, Salads, Smoothies, Acai Bowls, and Pizza.

Menus are subject to change based on product availability. Please contact us at [lunchonline@abschools.org](mailto:lunchonline@abschools.org) with any questions or comments.

## MEAL PRICES

All students receive daily 1 breakfast and 1 lunch at no charge.

Additional breakfast and lunch meals and a la carte items are available for purchase at each school. Visit our website for more information.

Prepay for meals online at [www.schoolcafe.com/abrsd](http://www.schoolcafe.com/abrsd) or pay by cash/check (AB Food Services) at school