<u>MAY</u> SECONDARY LUNCH MENU

Mon	*Tue*	*Wed*	*Thur*	*Fri*
		RF Taco Meat 4g Soft Tortilla 15g OR Cheeseburger 1g on WG Bun 23g Mixed Green Salad 1g or Steamed Green Peas 11g Fruit Choice Milk **1**	Chicken Tenders 12g OR WG Chicken Patty 15g on WG Bun 23g Seasoned Potato Stix 20g or Mixed Vegetables 7g Fruit Choice WG Cookie 18-19g Milk **2**	WG Wedge Pizza 34-37g OR Tenderloin 17g on WG Bun 23g Veggie Sticks 1g with FF Ranch Dip 7g or Corn 16g Fruit Choice Sherbet 28g Milk **3**
Chicken Rings 13g OR Hamburger 1g on WG Bun 23g Baked Curly Fries 20g or California Blend 1g Fruit Choice Milk **6**	Popcorn Shrimp 24g OR BBQ Rib 7g on WG Bun 23g Baked Sweet Potato Crinkles 18g or Coleslaw 10g Fruit Choice WG Cookie 18-19g Milk **7**	Hot Ham & Cheese 2g OR Cheeseburger 1g on WG Bread/Bun 16-23g Mixed Green Salad 1g or Corn 16g Fruit Choice Milk **8**	Mini Burgers on Buns 27g OR WG Chicken Patty 15g on WG Bun 23g Baked Potato Smiles 20g or Pork & Beans 29g Fruit Choice WG Cookie 18-19g Milk **9**	WG Stuffed Crust Pepperoni Pizza 47-52g OR Tenderloin 17g on Bun 23g Green Beans 4g or Steamed Broccoli 1g Fruit Choice Milk **10**
WG Chicken Patty 15g OR Hamburger0g on WG Bun 23g Baked Tator Tots 17g or Baked Beans 29g Fruit Choice Milk **13**	WG Quesadilla 33-42g OR BBQ Rib 7g on WG Bun 23g Green Beans 4g or Fresh Carrot Sticks 6g with FF Ranch Dip 7g Fruit Choice WG Cookie 18-19g Milk **14**	Spaghetti 42g with Meat Sauce 9g OR Cheeseburger 1g on WG Bun 23g Mixed Green Salad 1g or California Blend 1g Fruit Choice Garlic Bread Stick 17g Milk **15**	Ham & Cheese on WG Goldfish Bread 21g OR WG Chicken Patty 15g on WG Bun 23g Corn 16g or Mixed Vegetables 7g Fruit Choice WG Goldfish Cookie 19g Milk **16**	WG Pizza 35g OR Tenderloin 17g on WG Bun 23g Steamed Broccoli 1g or Steamed Green Peas 11g Fruit Choice Slushy Sidekicks 22g Milk **17**
MANAGER'S CHOICE **20**	**MANAGER'S CHOICE** **21**	**MANAGER'S CHOICE** ***LAST DAY OF SCHOOL!*** **22**		
<u>NEW USDA REQUIREMENT</u> ***Students Must Select at Least 1 Item From the Vegetable or Fruit Varieties Offered Daily***		**Daily Entree Choices–** *JCMS & JCHS* - WG Peanut Butter& Jelly Sandwich 60g, Entrée Salad *JCHS only* -Ham & Cheese on WG Bun 23g	**Daily Milk Choices-** 1% White 13g FF Chocolate 24g	**Daily Fresh & Canned Fruit Choices – 18g-23g** **WG = Whole Grain** **RF = Reduced Fat** **FF = Fat Free** **G = Carb Grams per Serving**

This menu is subject to change.
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