

# May

## Lunch Menu 9<sup>th</sup> – 12<sup>th</sup> Grade

# 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Calzones w/ Garden Salad and Cucumbers	2 Chicken Nuggets w/ Corn and Celery Sticks	3 Beef and Broccoli w/Rice and Carrots and Goldfish	4 Chicken Tamales w/ Beans and Salsa	5 Chicken Pozole w/Chips, Radish, Onions, and Cabbage
8 Chicken in Salsa Verde w/ Rice and Black Beans and Salsa	9 Beef Nachos w/ Beans and Salsa	10 Chicken Alfredo w/ Garden Salad and Cucumber Slices and Breadstick	11 Corn Dogs w/ Broccoli and Corn on the Cob	12 Pizza w/ Cucumber Slices and Jicama Sticks
15 Bean and Cheese Burritos w/ Carrot Sticks and Celery Sticks	16 Spaghetti and Meatballs w/ Garden Salad and Baby Carrots	17 Chicken Tenders w/ Potato Wedges and Cole Slaw and Dinner Roll	18 Bean And Cheese Pupusa w/ Curtido and Salsa	19 Cheese Calzones w/ Cucumbers and Jicama
22 Beef Hamburgers w/ Potato Wedges and Lettuce and Tomato Slices	23 Penne Pasta w/ Meat Sauce and Garden Salad and Carrots and Breadstick	24 BBQ Chicken w/ Mashed Potatoes and Carrot Sticks and Dinner Rolls	25 Beef Sliders w/ Potato Wedges and Broccoli	26 Pizza w/ Carrot Sticks and Jicama Sticks
29 Memorial Day No School	30 Chicken Wings w/ Tator Tots and Carrots and Gold Fish	31 Chicken Teriyaki w/ Rice and Carrots and Edamame		

**At lunch, students are offered all five required food components in at least the minimum required amounts.**

**The components at lunch are meats/meat alternates; grains; fruit; vegetables; and fluid milk.**

**Under OVS, a student must take at least three components in the required serving sizes.**

**One selection must be at least 1/2 cup from either the fruit or vegetable component.**

**There will be additional fruits and vegetable options available for all students.**