



# St. Michael's High School May 2018



Week 1		1. Meatball Sub 2. Chicken Nuggets w/wo Fresh Baked WG Roll Steamed Carrots Strawberry Cups	1. Popcorn Chicken Bowl Buffalo Chicken Flatbread Mashed Potatoes, Corn Mandarin Oranges	1. Cuban Sandwich Chicken Tenders w/wo Fresh Baked WG Roll Baked Beans Diced Peaches	1. Chicken Nuggets w/wo Fresh Baked WG Roll 2. Ham & Cheese Flatbread Steamed Broccoli Fruit Cocktail
Week 2	1. Chicken & Waffles 2. Breakfast Flatbread French Fries; Applesauce	1. Homemade Ziti w/wo Fresh Baked Breadstick 2. Grilled Cheese Sandwich Steamed Carrots Mixed Fruit	1. Macaroni & Cheese Bar Featuring pork bbq, hot & spicy chicken, and taco toppings Steamed Broccoli Diced Peaches	1. BBQ Burgers on the Grill 2. Chicken Nuggets w/wo Fresh Baked WG Roll  Corn on the Cob Diced Pears	Chicken Burrito Bar Spanish Black Beans Mandarin Oranges
Week 3	1. Chicken w/wo WG Biscuit 2. Chicken & Cheese Quesadilla French Fries Strawberry Cups	1. Spaghetti & Meatballs w/wo Fresh Baked WG Breadstick 2. Chicken Nuggets w/wo Fresh Baked WG Roll Green Beans Cauliflower	1. Soft Shell Taco 2. Buffalo Chicken Flatbread Refried Beans Diced Peaches	1. Homemade Chicken Enchiladas 2. Steak & Cheese Sub Steamed Broccoli Peppers & Onions Diced Pears	1. General Tso's Chicken w/wo Brown Rice 2. Chicken & Cheese Flatbread Steamed Carrots Mandarin Oranges
Week 4	1. Dutch Waffle w/wo Strawberry Topping w/wo Eggs 2. Meatball Sub Tater Tots Applesauce	1. Pizza & Buffalo Cheese Crunchers 2. Chicken Tenders w/wo Fresh Baked WG Roll Steamed Carrots Diced Peaches	1. Potato Bar Extravaganza Featuring baked potatoes, mashed potatoes & chili cheese fries Steamed Broccoli Pineapple Tidbits	1. Beefy Nachos w/wo Spanish Rice 2. BBQ Chicken Flatbread Refried Beans Diced Pears	1. Chicken Parmesan w/Pasta 2. Popcorn Chicken w/wo Fresh Baked WG Roll Steamed Broccoli Mixed Fruit
Week 5	<b>NO SCHOOL</b>	1. Homemade Lasagna w/wo Fresh Baked breadstick 2. Breakfast Flatbread Steamed Carrots Mixed Fruit	1. Teriyaki Beef & Veggie Stir Fry w/wo Brown Rice 2. Buffalo Chicken Flatbread Oriental Mixed Vegetables Mandarin Oranges	1. Taco Bar Choice of Soft Shell or chips Beef or Chicken Refried Beans Diced Peaches	

## SALADS

Salads served with Fresh Baked Dinner Roll(s)

### Daily Salad Choices:

Week 1: Crispy Chicken Salad w/Roll  
Week 2: Chef Salad w/Roll  
Week 3: Turkey Cobb Salad w/Roll  
Week 4: Chicken Caesar Salad w/Roll  
Week 5: Buffalo Chicken Salad w/Roll  
Garden Salad w/Cheese available daily

A variety of seasonal fresh fruits and vegetables are available daily – apples, oranges, bananas, cupped fruit, broccoli, baby carrots

Low Fat and Fat Free Milk is available for all meals

## PIZZA

All pizzas feature whole grain crusts

### Pizza Choices:

Monday: Buffalo Chicken  
Tuesday: Meat Lovers  
Wednesday: Chicken Bacon Ranch  
Thursday: Meat Lovers  
Friday: Meat Lovers

Cheese & Pepperoni Pizza available daily

## GRILL

Cheeseburger & Chicken Patty Daily

### Daily Grill Choices:

Monday: Buffalo Chicken Sandwich  
Tuesday: Bacon Cheeseburger  
Wednesday: Hot Dog on a Bun  
Thursday: Buffalo Chicken Sandwich  
Friday: Fish Sandwich

## DELI

Turkey and Cheese Sub available everyday

### Daily Deli Choices:

Week 1: Chicken Caesar Wrap  
Week 2: Chicken Salad Sub  
Week 3: Chicken Ranch Wrap  
Week 4: Ham, Turkey & Cheese Sub  
Week 5: Italian Sub

This month's feature is "BBQ of The Day"! Check out the specials in red!

**Meal Definition:** 1 meat/meat alternative, 1 bread/grain, 2 servings of fruit, 2 servings of vegetables & 1 low fat or fat free milk. Meals must include at least 3 components and 1 must be a fruit or vegetable.