



# St. Michael's Middle School May 2018



Week 1	1	2	3	4
	<b>Meatball Sub</b> Steamed Carrots Strawberry Cups	<b>Popcorn Chicken Bowl w/wo Fresh Baked WG Roll</b> Mashed Potatoes, Corn Mandarin Oranges	<b>Cuban Sandwich</b> Baked Beans Diced Peaches	<b>Chicken Nuggets w/wo Fresh Baked WG Roll</b> Steamed Broccoli Mixed Fruit
Week 2	7	8	10	11
	<b>Chicken &amp; Waffles</b> French Fries Applesauce	<b>Homemade Ziti w/wo Fresh Baked WG Breadstick</b> Steamed Carrots Mixed Fruit	<b>Macaroni &amp; Cheese Bar</b> Featuring pork bbq, hot & spicy chicken, & taco toppings Steamed Broccoli Pineapple Tidbits	<b>BBQ Burgers on the Grill</b> Corn on the Cob Watermelon 
Week 3	14	15	16	17
	<b>Chicken w/wo Fresh Baked WG Biscuit</b> French Fries Applesauce	<b>Spaghetti &amp; Meatballs w/wo Fresh Baked Garlic Breadstick</b> Green Beans Applesauce	<b>Soft Shell Taco</b> Refried Beans Diced Peaches	<b>Homemade Chicken Enchiladas</b> Steamed Broccoli Diced Peaches
Week 4	21	22	23	24
	<b>Dutch Waffle w/wo Strawberry Topping w/wo Eggs</b> <b>Meatball Sub</b> Tater Tots Applesauce	<b>Pizza &amp; Buffalo Cheese Crunchers</b> Steamed Carrots Mixed Fruit	<b>Potato Bar Extravaganza</b> Featuring baked potatoes, mashed potatoes, & chili cheese fries Steamed Broccoli Pineapple Tidbits	<b>Beefy Nachos w/wo Spanish Rice</b> Refried Beans Diced Peaches
Week 5	28	29	30	31
	<b>NO SCHOOL</b>	<b>Homemade Lasagna w/wo Fresh Baked Breadstick</b> Steamed Carrots Mixed Fruit	<b>Teriyaki Beef &amp; Veggie Stir Fry w/wo Brown Rice</b> Oriental Mixed Vegetables Mandarin Oranges	<b>Taco Bar</b> <b>Choice of Soft Shell or Chips</b> Refried Beans Diced Peaches

**Fast Takes Salad Choices:**  
 Week 1: Crispy Chicken Salad  
 Week 2: Chef Salad  
 Week 3: Turkey Cobb Salad  
 Week 4: Chicken Caesar Salad  
 Week 5: Buffalo Chicken Salad  
*Garden Salad w/Cheese available daily. All Salads are served with a fresh baked WG Roll*

A variety of fresh, whole, **raw fruits & veggies** are available every day they may include Apples, Oranges, Bananas, Carrots, Celery, Broccoli & Cucumbers (as in season).

**Upper Crust Choices:**  
 Monday: Meat Lovers  
 Tuesday: Calzones  
 Wednesday: Meat Lovers  
 Thursday: Calzones  
 Friday: Meat Lovers  
*Cheese & Pepperoni Daily*

**Daily Grill Choices:**  
 Monday: Buffalo Chicken Sandwich  
 Tuesday: Bacon Cheeseburger  
 Wednesday: Hot Dog on a Bun  
 Thursday: Buffalo Chicken Sandwich  
 Friday: Fish Sandwich  
*Cheeseburger & Chicken Patty Daily*

**Deli Sandwich 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  
*Turkey and Cheese Sub available everyday*

**Variety Bar:**  
 Week 1: Salad Bar – tossed to order  
 Week 2: Mac & Cheese Bar  
 Week 3: Mexican Bar  
 Week 4: Chopsticks Bar  
 Week 5: Potato Bar Extravaganza

**Meal Definition:** 1 meat/meat alternative, 1 bread/grain, 1 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.

This month's feature is **"Big Time BBQ"**! Check out the specials in red

"In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call toll free (866)632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800)845-6136 (Spanish). USDA is an equal opportunity provider and employer.