

Tonawanda CSD High School Lunch Menu

May 2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: right;">1</p> <p style="text-align: center;">Rajun Cajun Burger w/ Lettuce & Tomato</p> <p>-----</p> <p>Roasted Zucchini Or Mixed Vegetables</p> <p>-----</p> <p>Fresh Fruit or Pineapple</p>	<p style="text-align: right;">2</p> <p style="text-align: center;">French Bread Pizza</p> <p>-----</p> <p>Tossed Salad Or Steamed Cauliflower</p> <p>-----</p> <p>Fresh Fruit or Diced Pears</p>	<p style="text-align: right;">3</p> <p style="text-align: center;">BBQ Pulled Pork Sandwich w/ Shredded Lettuce</p> <p>-----</p> <p>Sweet Green Peas or Carrots</p> <p>-----</p> <p>Fresh Fruit or Applesauce</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">Taco in a Bag w/ Rice</p> <p>-----</p> <p>Green Beans or TexMex Beans</p> <p>-----</p> <p>Fresh Fruit or Diced Peaches</p>	<p style="text-align: right;">5</p> <p style="text-align: center;">Early Release</p> <p style="text-align: center;">Grades 9-12</p>
<p style="text-align: right;">8</p> <p style="text-align: center;">Mozzarella Sticks w/ Rotini Swirls</p> <p>-----</p> <p>Carrot Sticks Or Golden Corn</p> <p>-----</p> <p>Fresh Fruit or Pineapple</p>	<p style="text-align: right;">9</p> <p style="text-align: center;">Buffalo Chicken Sub</p> <p>-----</p> <p>Tossed Romaine Salad or Carrots</p> <p>-----</p> <p>Fresh Fruit or Peaches</p>	<p style="text-align: right;">10</p> <p style="text-align: center;">Cinnamon Sticks w/ Sausage</p> <p>-----</p> <p>Baked Tater Tots or Fresh Celery Sticks</p> <p>-----</p> <p>Applesauce or Chilled Juice Cup</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">Picnic BBQ Chicken</p> <p>-----</p> <p>Steamed Broccoli or Picnic Beans</p> <p>-----</p> <p>Fresh Fruit or Diced Pears</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">Meatball Sub w/ Mozzarella</p> <p>-----</p> <p>Green Beans or Sweet Peas</p> <p>-----</p> <p>Fresh Fruit or Assorted Mixed Fruit</p>

Choose 3 to 5 components each day, which may include 1 entrée. One of the components must be a fruit or vegetable.

<p style="text-align: right;">15</p> <p style="text-align: center;">Chicken Quesadillas w/ Rice</p> <p>Carrot Coins or Broccoli</p> <p>-----</p> <p>Fresh Fruit or Pineapple Tidbits</p>	<p style="text-align: right;">16</p> <p style="text-align: center;">Chicken Patty Parm On a Bun</p> <p>-----</p> <p>Tossed Romaine Salad or Green Beans</p> <p>-----</p> <p>Fresh Fruit or Peaches</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">French Toast Sticks w/ Sausage & Syrup</p> <p>-----</p> <p>Crispy Tater Tots or Veggie Sticks</p> <p>-----</p> <p>Applesauce or Chilled Juice</p>	<p style="text-align: right;">18</p> <p style="text-align: center;">Tacos with Toppings & Salsa</p> <p>-----</p> <p>Steamed Cauliflower or Vegetarian Beans</p> <p>-----</p> <p>Fresh Fruit or Diced Pears</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">Grilled Cheese Sandwich</p> <p>-----</p> <p>Tomato Soup and Carrots</p> <p>-----</p> <p>Fresh Fruit or Mixed Fruit Cup</p>
<p style="text-align: right;">22</p> <p style="text-align: center;">Jalapeño Nacho Burger w/ Tortilla Chips</p> <p>-----</p> <p>Zucchini or Carrot Sticks</p> <p>-----</p> <p>Fresh Fruit or Mandarin Oranges</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">Nachos Grande w/ Toppings</p> <p>-----</p> <p>Corn Niblets or Tossed Romaine Salad</p> <p>-----</p> <p>Fresh Fruit or Diced Pears</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">BBQ Steak Hoagie</p> <p>-----</p> <p>Baked Oven Fries or Mixed Vegetables</p> <p>-----</p> <p>Fresh Fruit or Applesauce</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">BBQ Pulled Turkey Sandwich</p> <p>-----</p> <p>Broccoli or Baked Beans</p> <p>-----</p> <p>Fresh Fruit or Peaches</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">No School</p>

<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p> <p style="text-align: center;">Pasta with Meatballs & Garlic Toast</p> <p>-----</p> <p>Tossed Romaine Salad or Carrot Coins</p> <p>-----</p> <p>Fresh Fruit or Peaches</p>	<p style="text-align: right;">31</p> <p style="text-align: center;">Chicken Nuggets w/ Dinner Roll</p> <p>-----</p> <p>Baked Tater Tots or Fresh Celery Sticks</p> <p>-----</p> <p>Cinnamon Applesauce or Fresh Fruit</p>	<p style="text-align: center; color: red;">Choice of Milk Available with Lunch: Low-Fat White, Fat Free White, Fat Free Chocolate</p> <p style="text-align: center; color: red;">Entrees Available Daily</p> <p style="text-align: center;">Cheese & Specialty Pizza</p> <p style="text-align: center;">Deli Bar, Grab-n-Go Salads</p> <p style="text-align: center;">Hamburgers & Cheeseburgers</p> <p style="text-align: center;">Peanut Butter & Jelly or Cheese Sandwich</p> <p style="text-align: center;">All Breads and Grains are Whole Grain Rich</p>
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Meal Components:

Protein, Grain, Fruit
Vegetables & Milk

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