

Lunch Menu Struthers High School

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MAY

Wildcats

What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

***Students must choose at least one fruit or vegetable**

Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads

Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce

*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Paid \$.xx
Reduced \$.xx
Adult \$4.00

This institution is an equal opportunity provider

Whole Grains Available Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
3	Popcorn Chicken Creamy mashed potato W / gravy Dinner roll w / butter Choice of fruit Choice of milk	4	3 Cheese Pizza Vegetable medley Choice of fruit Choice of milk	5	Honey BBQ Chicken Bowl W / rice Buttered sweet corn Choice of fruit Choice of milk	6	Bacon Cheeseburger Baked beans Choice of fruit Choice of milk Chips	7	Papa John's Pizza Romaine Salad Choice of fruit Choice of milk Cookie
10	Buttermilk Pancakes Sausage links w / syrup Potato rounds Choice of fruit Choice of milk	11	Cocca's Pepperoni Rolls W / dipping sauce Steamed broccoli Choice of fruit Choice of milk	12	Beefy Nacho Chips Sour cream / cheese Salsa / refried beans Buttered corn Choice of fruit Choice of milk	13	Spicy or Regular Chicken Patty on Bun Scalloped potatoes Choice of fruit Choice of milk	14	Papa John's Pizza Romaine salad Choice of fruit Choice of milk Cookie
17	Choice of Mini Corn Dogs or BBQ Rib Sandwich Cheesy potatoes Choice of fruit Choice of milk	18	Bosco Cheese Sticks W / dipping sauce Vegetable medley Choice of fruit Choice of milk	19	Penne Pasta w / Meatballs Seasoned green beans Dinner roll w / butter Choice of fruit Choice of milk	20	Cheeseburger on Bun Glazed carrots Choice of fruit Choice of milk Chips	21	Papa John's Pizza Romaine salad Choice of fruit Choice of milk Cookie
24	Chicken Quesadilla Or Mexican Pizza Seasoned sweet corn Choice of fruit Choice of milk	25	Maxi Sticks Steamed broccoli Choice of fruit Choice of milk	26	COOK'S CHOICE Choice of fruit Choice of milk	27	COOK'S CHOICE Choice of fruit Choice of milk	28	Papa John's Pizza Romaine salad Choice of fruit Choice of milk Cookie EARLY RELEASE
31									
	CHECK OUT Daily Alternates 	Choice of Salads Chicken Wraps Sub Sandwich	Egg Salad Sandwich Tuan Salad Sandwich						