

### MAY 2018: High School Express Hot Lunch Menu

| Brunch for Lunch 7  Crispy Chicken Waffle Sandwich served with syrup  Home Fries  French Fries  French Fries  French Fries  Roasted Carrots  French Fries  Roasted Carrots  French Fries  Roasted Carrots  Fresh New York Apples  White Bean Sale  Fresh New York Apples  White Bean Sale  Fresh New York Apples  White Bean Sale  Fresh New York Apples  White Bean Sale  White Bean Sale  Fresh New York Apples  Frito-Lay® SunChips®  Fresh New York Apples  Fresh New York Apples  Fresh New York Apples  Fresh New York Apples  Garlic Knot  Sweet Potato  Waffle Sandwich Served on Clabatta Bread  Waffle Sandwich Served on Clabatta Bread  Marinara Sauce  Frito-Lay® SunChips®  Fri | CHICKEN DELIGHTS   | BURGER BASH                 | CULINARY   | NEW YORK              | PIZZA PARTY  |
|--|--------------------|-----------------------------|--|-----------------------|--|
| Severt Price   Severe or Clabatta Bread Will Lettuce, Tomato & New York Color   Frito-Lay® SunChips®   New York Cookie Treat   New York Apple Silces   | Monday             | Tuesday                     | Wednesday  | Thursday              | Friday   |
| Served on Clabatta Bread   Write Lettuce, Tomato & New York Onlon  |                    | Burger Promo                | 1 2  | New York Thursday 3   |  |
| New York Onion   |                    | Served on Ciabatta Bread    | •  | Jamaican Beef Patty   | Pizza Bagel  |
| Brunch for Lunch 7 8 9 New York Apple Slices With Basil Pest With Pest With Pest With Pest With Pest With Pest |                    |                             | Frito-Lay® SunChips®   | Healthy Cole Slaw     | Garlic Knot  |
| Brunch for Lunch   7   |                    | Franch Fried                | B P.T  |                       | Roasted Chickpea   |
| Crispy Chicken Walfle Sandwich served with syrup  Home Fries  French Fries  French Fries  Roasted Carrots  French Fries  French Fries  Steak & Cheese Empanada Served with Served on Clabatta Bread Dipping Sauce Cup  Popcorn Chicken Dipping Sauce Cup  Stewed Pinto Beans  French Fries  French Fries |                    | French Fries                | Broccoll Trees   | New York Apple Slices | Willi Basii Pesto  |
| Warfie Sandwich served with syrup  Cheeseburgers Served with Lattuce Tomato & New York Onion  Baked! Tostitos® Scoops®  Marinara Sauce  Garlicky Green Beans New York Cookie Treat Fresh New York Apples  White Bean Sale  White Bean Sale  White Bean Sale  Turkey Burger Pizza Bagel  Burger served with Lettuce, Tomato & New York Onion  Frito-Lay® SunChips®  Stewed Pinto Beans French Fries  Burger Promo  21  Burger Promo  22  Popcorn Chicken Dipping Sauce Cup Dipping Sauce Cup  Carlic Toast  And Cheese  And Cheese Lempanada Burger served with Lettuce, Tomato & New York Onion  Sweet Potato Wedge Fries  Fresh New York Apples  Green Garden Sale  Marinara Sauce  Frito-Lay® SunChips®  Green Garden Sale  And Cheese Lempanada Burger served with Lettuce, Tomato & New York Apples  Green Garden Sale  Green Garden Sale  Green Garden Sale  And Cheese Lempanada Burger Served with Lettuce, Tomato & New York Apples  Fresh New York Apples  Green Garden Sale  Marinara Sauce  And Cheese Lempanada Burger Served with Lettuce, Tomato & New York Onion  Frito-Lay® SunChips®  Frito-Lay® SunChips®  Frito-Lay® SunChips®  Frito-Lay® SunChips®  Frito-Lay® SunChips®  Garlic Knot  New York Cookie Treat New York Apples Slices  Chick Pea Salae  Memorial Day  28  Crispy Chicken Warfie Sandwich Served with Lettuce Tomato & New York Onion  Baked! Tostitos® Scoops®  Mozzarella Sticks Marinara Sauce Garlicky Green Beans New York Cookie Treat Fresh New York Apples   | Brunch for Lunch   | 7                           | 9  | New York Thursday 10  | 1  |
| Home Fries  French Fries  Roasted Carrots  Fresh New York Cookle Treat Fresh New York Apples  White Bean Sale  Fresh New York Thursday 17  Turkey Burger Pizza Bagel  Burgers served with Lettuce, Friend-Lay® SunChips®  Fresh New York Apples  Green Garden Sale  When York Apples  Green Garden Sale  When York Onion  Frito-Lay® SunChips®  Garlic Knot  New York Apples Slices  Chick Pea Salae  Chick Pea Salae  Chicken Waffle Sandwich Served with Lettuce  Tomato & New York Onion  Sweet Potato Wedge Fries  Fresh New York Cookle Treat  New York Cookle Treat  New York Cookle Treat  New York Apples Slices  Chick Pea Salae  Marinara Sauce  Sarved with Lettuce Tomato & New York Onion  Baked! Tostitos® Scoops®  New York Cookle Treat  Fresh New York Cookle Treat  Fresh New York Onion  Steamed Chicken Dumplings with Asian Dipping Sauce  Garlicky Green Beans  New York Cookle Treat  Fresh New York Apples   | Waffle Sandwich    | Cheeseburgers               |  |                       | Pizza Bagel  |
| Home Fries  French Fries  Roasted Carrots  Fresh New York Apples  White Bean Sale  Roasted Carrots  Fresh New York Apples  White Bean Sale  White Bean Sale  White Bean Sale  Roasted Carrots  Fresh New York Thursday 17  Furkey Burger  Turkey Burger  Pizza Bagel  Burgers served with Lettuce, Tomato & New York Onion  "Sweet-N-Spicy" Sweet Potato Waffle Fries  Fresh New York Apples  Fresh New York Apples  Green Garden Sale  Popcorn Chicken Dipping Sauce Cup  Burger Promo 22  Popcorn Chicken Dipping Sauce Cup  Garlic Choesy Bread Marinara Sauce  Mediterranean Burger Served on Clabatta Bread With Lettuce, Tomato & New York Onion  New York Cookle Treat  Served with Syrup  Pizza Bagel  Mozzarella Sticks Marinara Sauce  Garlicky Green Beans New York Cookle Treat  Fresh New York Apples  Fresh New York Apples  Fresh New York Apples  Fresh New York Cookle Treat  New York Cookle Treat  Fresh New York Cookle Treat  Fresh New York Cookle Treat  Fresh New York Apples  | Scived with Syrup  |                             | Baked! Tostitos® Scoops®   | ,                     | Kale Caesar Salad  |
| Home Fries  French Fries  Roasted Carrots  White Bean Sala  14  15  16  New York Thursday 17  Popcorn Chicken Dipping Sauce Cup  Mac-N-Cheese  Mac-N-Cheese  Stewed Pinto Beans  French Fries  Stewed Pinto Beans  French Fries  Stewed Pinto Beans  French Fries  21  Burger Promo 22  Burger Promo 22  Burger Prico  Healthy Cole Slaw Seasoned Wedge Fries  Fresh New York Apples  Green Garden Sala  Turkey Burger  Burgers served with Lettuce, Tomato & New York Onion  "Sweet-N-Spicy" Sweet Potato Waffle Fries  Fresh New York Apples  Green Garden Sala  Toward Salae  Garlic Toast  Memorial Day  Remorial Day  Sweet Potato  Waffle Sandwich Served with Lettuce, Tomato & New York Apples  Green Garden Salae  Cheesy Bread Marinara Sauce  Merito-Lay® SunChips®  Frito-Lay® SunChips®  Fresh New York Apple Slices  Chick Pea Salae  Chick Pea Salae  Cheeseburgers  Served with Lettuce, Tomato & New York Onion  Baked! Tostitos® Scoops®  New York Cookie Treat  Fresh New York Apples   |                    |                             |  | New York Cookie Treat |  |
| Popcorn Chicken Dipping Sauce Cup  Mac-N-Cheese  Mac-N-Cheese  Stewed Pinto Beans  French Fries  Popcorn Chicken Dipping Sauce Cup  Stewed Pinto Beans  French Fries  Stewed Pinto Beans  French Fries  Seasoned Wedge Fries  Fresh New York Apples  Garlic Toast  French Fries  Seveet Potato Wedge Fries  French Fries  Pizza Bagel  Turkey Burger Burgers served with Lettuce, Tomato & New York Onion  "Sweet-N-Spicy" Sweet Potato Waffle Fries  Fresh New York Apples  Green Garden Sa  Turkey Burger Burgers served with Lettuce, Tomato & New York Onion  "Sweet Potato Waffle Fries  Fresh New York Apples  Green Garden Sa  Cheesy Bread Marinara Sauce  Served on Ciabatta Bread With Lettuce, Tomato & New York Onion  Frito-Lay® SunChips®  Garlic Knot  New York Cookie Treat  New York Apple Slices  Chick Pea Salar  Mozzarella Sticks Marinara Sauce  Served with Lettuce Tomato & New York Onion  Baked! Tostitos® Scoops®  New York Cookie Treat  Fresh New York Apples  | Home Fries         | French Fries                | Roasted Carrots  | Fresh New York Apples | White Bean Salad   |
| Popcorn Chicken Dipping Sauce Cup  Mac-N-Cheese  Mac-N-Cheese  Stewed Pinto Beans  French Fries  Popcorn Chicken Dipping Sauce Cup  Stewed Pinto Beans  French Fries  Stewed Pinto Beans  French Fries  Stewed Pinto Beans  French Fries  Stewed Potato Wedge Fries  French Fries  Seasoned Wedge Fries  Fresh New York Apples  Green Garden Sa  Marinara Sauce  Frito-Lay® SunChips®  Fresh New York Thursday 24  Popcorn Chicken Dipping Sauce Cup  Mediterranean Burger Served on Ciabatta Bread With Lettuce, Tomato & New York Onion  Frito-Lay® SunChips®  Fresh New York Apples  Green Garden Sa  Cheesy Bread Marinara Sauce  Frito-Lay® SunChips®  Frito-Lay® SunChips®  Frito-Lay® SunChips®  Frito-Lay® SunChips®  Grein Garden Sa  Green Garden Sa  Cheesy Bread Marinara Sauce  Frito-Lay® SunChips®  Frito-Lay® SunChips®  Grein Garden Sa  Fresh New York Apples  Green Garden Sa  Frito-Lay® SunChips®  Garlic Knot  New York Cookie Treat New York Apple Slices  Chick Pea Salar  Mozzarella Sticks Marinara Sauce  Served with Lettuce Tomato & New York Onion  Baked! Tostitos® Scoops®  New York Cookie Treat  Fresh New York Apples  |                    | 14 19                       | 5 16   | New York Thursday 17  | 1  |
| Mac-N-Cheese    Frito-Lay® SunChips®   Sweet-N-Spicy"   Sweet-N-Spicy"   Sweet-N-Spicy"   Sweet-Potato Waffle Fries   Healthy Cole Slaw   Seasoned Wedge Fries   Fresh New York Apples   Green Garden Sa   | Popcorn Chicken    | Hot Turkey                  |  | •                     | Pizza Bagel  |
| Mac-N-Cheese  Stewed Pinto Beans  French Fries  Endeathy Cole Slaw Seasoned Wedge Fries  Fresh New York Apples  Green Garden Sa  Tench Fries  Endeathy Cole Slaw Seasoned Wedge Fries  Fresh New York Apples  Green Garden Sa  Tench Fries  Endeathy Cole Slaw Fresh New York Apples  Green Garden Sa  Tench Fries  Fresh New York Thursday  Amaican Beef Patty  Pizza Bagel  Marinara Sauce  Served on Clabatta Bread With Lettuce, Tomato & New York Onion  New York Cookie Treat  New York Apple Slices  Thick Pea Salay  Trispy Chicken Waffle Sandwich Served with Syrup  Tomato & New York Onion  The Sweet Potato Baked! Tostitos® Scoops®  Served Potato Wedge Fries  Frito-Lay® SunChips®  The Sweet Potato New York Apple Slices  Thick Pea Salay  Mozzarella Sticks Marinara Sauce  Garlicky Green Beans New York Cookie Treat  Fresh New York Cookie Treat  Fresh New York Apples  Friesh New York Apples  Fresh New York Apples  Fresh New York Apples  | Dipping Sauce Cup  | •                           | Empanada<br>,  |                       |  |
| Stewed Pinto Beans  French Fries  Burger Promo  21  Burger Promo  22  Burger Promo  22  23  New York Thursday  24  Popcorn Chicken Dipping Sauce Cup  Garlic Toast  Garlic Toast  Memorial Day  Crispy Chicken Waffle Sandwich served with syrup  Tomato & New York Onion  Memorial Day  28  29  30  New York Thursday  Analysis and Poption Successive Served on Chicken Waffle Sandwich served with Syrup  Memorial Day  Analysis and Poption  Baked! Tostitos® Scoops®  Sweet Potato Waffle Fries  Fresh New York Apples  Green Garden Sa  Sweet Potato Waffle Fries  Fresh New York Apples  Green Garden Sa  Sweet Potato Waffle Fries  Fresh New York Apples  Sweet Potato Waffle Slaw  Steamed Chicken Dumplings with Asian Dipping Sauce  Garlicky Green Beans  New York Cookie Treat  Sweet Potato  Waffle Sandwich Served with Lettuce  Tomato & New York Onion  Baked! Tostitos® Scoops®  Procoli Trees  Sweet Potato  Waffle Fries  Fresh New York Apples  Fresh New York Apples  EVERY THURSDAY V PROUDLY CELEBRAY  PROUDLY CELEBRAY   | Mac-N-Cheese       |                             | Frito-Lay® SunChips®   |                       | Garlic Knot  |
| Stewed Pinto Beans  French Fries  21 Burger Promo 22 23 New York Thursday 24  Popcorn Chicken Dipping Sauce Cup  Garlic Toast  Garlic Toast  Sweet Potato Wedge Fries  French Fries  Prench Fries  Roasted Broccoli  Memorial Day 28 29 30 New York Thursday 31  Crispy Chicken Waffle Sandwich Served with Lettuce Tomato & New York Onion  Tomato & New York Onion  Healthy Cole Slaw  Garlic Knot  New York Cookie Treat  New York Apple Slices  Chick Pea Salad  Mozzarella Sticks Marinara Sauce  Garlicky Green Beans  New York Cookie Treat  Served with Lettuce Tomato & New York Onion  Sweet Potato  Waffle Sandwich Served with Syrup  Sweet Potato  Wedge Fries  Fresh New York Apples  Fresh New York Apples  Fresh New York Apples  Fresh New York Apples  EVERY THURSDAY PROUDLY CELEBRAY  PROUDLY CELEBRAY   |                    |                             |  |                       |  |
| Popcorn Chicken Dipping Sauce Cup  Individual Property of Cheese Bread Dipping Sauce Dippin | Stewed Pinto Beans | French Fries                | The state of the s |                       | Green Garden Salad   |
| Mediterranean Burger Served on Ciabatta Bread With Lettuce, Tomato & New York Onion  Sweet Potato Wedge Fries  Memorial Day  Tomato & New York Onion  Memorial Day  Served with syrup  Marinara Sauce  Merito-Lay® SunChips®  Frito-Lay® SunChips®  Roasted Broccoli  New York Apple Slices  Chick Pea Salar  Mozzarella Sticks Marinara Sauce  Mozzarella Sticks Marinara Sauce  Mozzarella Sticks Marinara Sauce  Garlicky Green Beans New York Cookie Treat  Sweet Potato Wedge Fries  Sweet Potato  Sweet Potato  Sweet Potato  Wedge Fries  Marinara Sauce  Fresh New York Apples  Fresh New York Apples  |                    | 21 Burger Promo 22          | 2 23   | New York Thursday 24  | 2  |
| Garlic Toast  New York Onion  Frito-Lay® SunChips®  New York Cookie Treat  New York Apple Slices  Chick Pea Salar  Memorial Day  28  Crispy Chicken Waffle Sandwich served with syrup  100% Beef Hamburgers & Cheeseburgers Served with Lettuce Tomato & New York Onion  Baked! Tostitos® Scoops®  New York Thursday  Steamed Chicken Dumplings with Asian Dipping Sauce  Garlicky Green Beans  New York Cookie Treat  Fresh New York Apples  EVERY THURSDAY PROUDLY CELEBRA   |                    | Mediterranean Burger        | •  | Jamaican Beef Patty   | Pizza Bagel  |
| Sweet Potato Wedge Fries  French Fries  Roasted Broccoli  New York Apple Slices  Chick Pea Salar  Memorial Day  28  Crispy Chicken Waffle Sandwich served with syrup  100% Beef Hamburgers & Cheeseburgers Served with Lettuce Tomato & New York Onion  Baked! Tostitos® Scoops®  New York Thursday Steamed Chicken Dumplings with Asian Dipping Sauce  Garlicky Green Beans New York Cookie Treat  Fresh New York Apples  EVERY THURSDAY OPROUDLY CELEBRA   | Garlic Toast       |                             | Frito-Lay® SunChips®   | Healthy Cole Slaw     | Garlic Knot  |
| Memorial Day 28  Crispy Chicken Waffle Sandwich served with syrup  100% Beef Hamburgers & Cheeseburgers Served with Lettuce Tomato & New York Onion  Crispy Chicken Waffle Sandwich Served with Lettuce Tomato & New York Onion  Baked! Tostitos® Scoops®  New York Apple Slices  Chick Pea Salad  Mozzarella Sticks Marinara Sauce  Garlicky Green Beans New York Cookie Treat  Fresh New York Apples  EVERY THURSDAY PROUDLY CELEBRA   |                    |                             |  | New York Cookie Treat |  |
| Crispy Chicken Waffle Sandwich served with syrup  100% Beef Hamburgers & Cheeseburgers Served with Lettuce Tomato & New York Onion  Sweet Potato Wadden Frice  Proceed Trees  Sweet Potato Wadden Frice  Proceed Trees  Mozzarella Sticks Marinara Sauce Marinara Sauce  Mozzarella Sticks Marinara Sauce  Steamed Chicken Dumplings with Asian Dipping Sauce  Garlicky Green Beans  New York Cookie Treat  Fresh New York Apples  EVERY THURSDAY OF PROUDLY CELEBRA   |                    | French Fries                | Roasted Broccoli   | New York Apple Slices | Chick Pea Salad  |
| Waffle Sandwich served with syrup  Cheeseburgers Served with Lettuce Tomato & New York Onion  Baked! Tostitos® Scoops®  Sweet Potato  Wedge Frice  Proceedi Trees  Marinara Sauce with Asian Dipping Sauce  Garlicky Green Beans  New York Cookie Treat  Fresh New York Apples  EVERY THURSDAY OPPOUDLY CELEBRA  | Memorial Day       | 28 29                       | 9 30   | New York Thursday 31  |  |
| Served with syrup  Served with Lettuce Tomato & New York Onion  Baked! Tostitos® Scoops®  New York Cookie Treat  Sweet Potato  Wedge Frice  Proced! Trees  Proced! Trees   |                    | _                           |  |                       | OF A CA  |
| Sweet Potato  Sweet Potato  Proceedi Trees  Proceedi Trees  Reprocedi Trees  |                    | Served with Lettuce         |  |                       |  |
| Sweet Potato Fresh New York Apples PROUDLY CELEBRA   |                    |                             | Banca: 103iii03@ 3000ps®   | New York Cookie Treat | VEW 10   |
| LOCALLY SOURCE   | Home Fries         | Sweet Potato<br>Wedge Fries | Broccoli Trees   | Fresh New York Apples | EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD |
| OFFERED DAILY  |                    |                             | OFFERED DAILY  |                       |  |

### **Entree Alternatives**

- PB&J Sandwich
- Cheese Sandwich
- Plain Turkey Sandwich
- Hummus Grab & Go

# Milk 1% Low-fat

1% Low-fat
Fat Free
Fat Free Chocolate

Dipping Sauce Cups
BBQ, Ranch,
Honey Mustard, Hot Sauce
Ketchup, Mayonnaise

## Fresh Fruit

No Artificial flavors, colors, or sweeteners in all SchoolFood Products

#### <u>Dressings</u> Chipotle Ranch

Balsamic Vinaigrette
Ranch
Asian Sesame
Honey Mustard
Caesar
French
Italian Vinaigrette

### **Flavor Station**

Granulated Garlic Red Pepper Flakes Parmesan Cheese

HS Express Hot Lunch Menu







MENUS ARE SUBJECT TO CHANGE SCHOOLFOOD MENUS ARE PORK FREE