

May 2017 High School

Monday	Tuesday	Wednesday	Thursday	Friday
24 Hot Dog on Bun Ketchup/Mustard Baby Carrots Vegetarian Chili Pears Milk	25 Chicken Alfredo Pasta Garlic Toast Broccoli Strawberries Milk	26 Taco in a Bag Lettuce/Tomato Sour Cream/Salsa Refried Beans Corn Banana Milk	27 Chicken Patty on Bun Mayo/Ketchup French Fries Green Beans Fruit Cup Milk	28 Max Sticks Marinara Sauce Leafy Green Salad/Dressing California Blend Pineapple Milk
1 Pork Riblet on Bun Sweet Potato Waffle Fries Ketchup Broccoli Peaches Milk Alternate: Chicken Patty on Bun	2 Pasta w/ Meat Sauce Garlic Toast Leafy Green Salad/Dressing Green Beans Pears Milk	3 Beef Nachos Refried Beans Salsa/Sour Cream Baby Carrots Strawberries Milk	4 Chicken Tenders Baked Beans Coleslaw Corn Banana Milk	5 Cheese Pizza Leafy Green Salad/Dressing Cucumbers Apple Milk
8 Cheeseburger on Bun Lettuce/Tomato Ketchup/Mustard Baked Beans Peas & Carrots Fruit Cup Milk	9 Shrimp Poppers French Fries Leafy Green Salad/Dressing Green Beans Strawberries Milk	10 Hot Ham & Cheese on Bun Sweet Potato Waffle Fries Ketchup Broccoli Apple Milk Alternate: Hot Turkey & Cheese on Bun	11 Chicken Tacos Onions/Peppers Salsa/Sour Cream Refried Beans Corn Pears Milk	12 Max Sticks Marinara Sauce California Blend Leafy Green Salad/Dressing Peaches Milk
15 Chicken Tenders Mashed Potatoes/Gravy Corn Roll/Butter Applesauce Milk	16 Last Day of School Corn Dog Ketchup/Mustard Leafy Green Salad/Dressing California Blend Banana Milk	17	18	19

All lunch meals are served with ½ pint fluid milk. The USDA is an Equal Opportunity Provider and Employer. Menu subject to change due to unavailability of product.

When you think of Chia seeds you probably think of the Chia pets – those little seeds are edible and great for you. One ounce of chia seeds contains 5 grams of alpha-linoleic acid. This is a type of omega-3 fatty acid and plays a major role in energy production and inflammation reduction. Chia seeds also contain antioxidants which help fight free radicals in your body. Fiber is also present in Chia seeds and helps to keep the digestive system healthy and can reduce cholesterol. Emerging research is also showing Chia seeds can help lower cholesterol, triglycerides and blood pressure.