



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch. Meat or meat alternate. Choice of Vegetable. Choice of Fruit. Grain/Bread. Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry.

Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad. Red/Orange - carrots, sweet potatoes, tomatoes and red peppers. Legumes - beans and peas. Starchy - potatoes, corn, peas & lima beans. Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers.

Daily Fruit Selections

May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges.

Leave Your Lunch at Home

Daily entrée options may include: Cheese Burger on a Bun, Chicken Patty on a Bun, Chicken Nuggets with Pretzel Stick, Cheese or Pepperoni Pizza.

UP FOR GRABS

Chicken Caesar Salad with Dinner Roll, Strawberry Spinach Salad with Dinner Roll, Chopped Garden Salad with Dinner Roll, Taco Salad with Dinner Roll, Asian BBQ Chicken Wrap, Chicken Caesar Wrap, Club Sandwich Wrap.

Turkey & Cheese Flat Bread, Buffalo Chicken Roll Up Wrap, Turkey & Spinach Roll Up Wrap.

May's
Nutritious
Friend



Positive Plantain

Lunch Prices
Student \$2.90
Student Tier \$3.85
Reduced \$4.40
Adult \$3.75
Adult Tier \$4.70

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USDA is an equal opportunity provider and employer.

Monday

5/6/2019

BBQ Ribby
On a Bun
or

Popcorn Chicken
with a Dinner Roll

Featured Veggies:

Tater Tots
Baby Carrots
Choice of Fruit
Choice of Milk

Tuesday

5/7/2019

Hot Ham and Cheese
On a Pretzel Roll
or

Nacho Grande
Tortilla Chips

Featured Veggies:

Chick Pea Salad
Tomato & Onion Salsa
Choice of Fruit
Choice of Milk

Wednesday

5/8/2019
WING BAR(T)

Boneless or Bone-In
Choice of Sauce
or

French Toast Sticks
With Sausage Patties

Featured Veggies:

Hash Brown Potato
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

Thursday

5/9/2019

Swedish Meatballs
over noodles
or

Big Daddy's
Pizza (T)

Featured Veggies:

Steamed Corn
Romaine Salad
Choice of Fruit
Choice of Milk

Friday

5/10/2019

National Shrimp Day

Popcorn Shrimp
or
Pepperoni Roll(T)
with Sauce

Featured Veggies:

Cherry Tomatoes
Roasted Zucchini
Choice of Fruit/Milk

5/13/2019

Italian Meatball
Calzone(T)
or

Chicken Nuggets
with a Dinner Roll

Featured Veggies:

Oven Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

5/14/2019

Pizza Sticks
with Dipping Sauce
or

Nachos Grande
Tortilla Chips

Featured Veggies:

Green Beans
Spinach Salad
Choice of Fruit/Milk

5/15/2019
WING BAR(T)

Boneless or Bone-In
Choice of Sauce
or

Texas Toasted
Cheese Sandwich

Featured Veggies:

Tomato Soup
Tater Tots
Choice of Fruit/Milk

Chocolate Chip Cookie Day

5/16/2019
National BBQ Day

BBQ Chicken

or
Jaguar Burger(T)

National Carrot Day

Steamed Carrots
Green Pepper Strips
Choice of Fruit
Choice of Milk

5/17/2019

Italian Dunkers
with Sauce
or

Mini Peperoni Calzones(T)

Featured Veggies:

Garden Peas
Chick Pea Salad
Choice of Fruit/Milk

5/20/2019

Turkey & Cheese Melt
On a Croissant
or

Chicken Mash Potato
Bowl (T)

Featured Veggies:

Mashed Potatoes
Steamed Corn
Choice of Fruit/Milk

5/21/2019
Pizza Bar

Variety of Pizzas
Garlic Bread Stick
or

Nachos Grande
Tortilla Chips

Featured Veggies:

Black Beans
Stewed Tomatoes
Choice of Fruit
Choice of Milk

5/22/2019
PICNIC DAY

Hamburger, Hot Dog
or Cheeseburger

Baked Beans
Carrots & Celery

Featured Veggies:

Watermelon
Icy Juicy
Chips
Choice of Milk

5/23/2019
WING BAR(T)

Boneless or Bone-In
Choice of Sauce
or

Macaroni & Cheese

Featured Veggies:

Yellow Beans
Caesar Salad
Choice of Fruit
Choice of Milk

5/24/2019

Pepperoni Roll(T)
with dipping sauce
or
Mozzarella Cheese Sticks

Featured Veggies:

Cucumber Salad
Steamed Carrots
Choice of Fruit/Milk

5/27/2019

MEMORIAL DAY



School Closed

5/28/2019

National Hamburger Day

BBQ Ribby
On a Bun
or
Double Bacon Cheese
Burger (T)

Featured Veggies:

Potato Wedges
Caesar Salad
Choice of Fruit/Milk

5/29/2019

Calzone Bar(T)
Variety of Calzones
or

Nachos Grande
Tortilla Chips

Featured Veggies:

Black Beans
Green Pepper Strips
Choice of Fruit
Choice of Milk

5/30/2019

No School/In-service



Prom 2019

5/31/2019

SCHOOL PICNIC



No School

6/3/2019

Mozzarella Cheese Sticks
with dipping sauce
or
Chefs Choice

Featured Veggies:

Oven Fries
Steamed Corn
Choice of Fruit
Choice of Milk

6/4/2019

Jaguar Burger(T)
On a Bun
or
Chefs Choice

Featured Veggies:

Baked Beans
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

6/5/2019
WING BAR(T)

Boneless or Bone-In
Choice of Sauce
or

Chefs Choice

Featured Veggies:

Oven Fries
Carrots
Choice of Fruit
Choice of Milk

6/6/2019

!1/2 Day of School



No Lunch Service

6/7/2019



Have a Safe and
Fun Summer
Vacation!!!



See you in August
at the New
TJHS!!!