May 2017

Wilkes-Barre Area School District: High School Lunch Menu



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he Grille

Meatball Hoagie Chicken Patty—Spicy or Plan Tuesday

Taco Salad with Chips and Bread Chicken Strips with Bread Wednesday

Cheese Steak Hoagie Chicken Tenders with Bread **Thursday**

Bacon Cheeseburger Hot Wing Hoagie Friday BBQ Rib on a Bun

Popcorn Chicken with bread



Garden Salad with Cheese and Breaded Chicken Over Mixed Green Salad Offered Daily

Selections Vary Daily but may include: Chef Vegetarian Garden

Breaded Chicken Grilled Chicken Chicken Caesar

Salads served with Sliced Bread. your choice: Fruit and Low Fat Milk Reduced Calorie Dressing Available Daily



Mozzarella Cheese and Pepperoni Pizza Available Daily

Buffalo Chicken Pizza Mon: Tues: **Broccoli White Pizza** Wed: **BBQ Chicken Pizza** Thur: **Cheese Steak Pizza** Chicken, Bacon Ranch Fri: Pizza Entrée served with your choice: Fruit, Vegetable and Low Fat Milk

Monday	Tuesday	Wednesday	Thursday	Friday
5/1 Crispy Fish Sandwich Steamed Green Bean Diced Pear Fat Free Milk	5/2 Pierogis With Bread Sweet Peas Mixed Fruit Low Fat Milk	5/3 Baked Chicken on the Bone with Biscuit Broccoli Florets Mandarin Oranges Fat Free Milk	5/4 Star Wars Day May the 4th be With You Darth Vador Loaded Chili Cheese Tators Tots Bobo-Fet Bread Slice Millennium Fal-Corn Jedi Juicy Peaches Princess Leah Low Fat Milk Free Wookie Cookie	5/5 Cinco De Mayo Pork Carnitas Burrito Bowl with Rice Seasoned Black Beans Pineapple Tidbits Low Fat Milk
5/8 Potato Puff Bake w/ sliced bread Green Beans Mixed Fruit Fat Free Milk	5/9 Mac & Cheese with Bread Plump Peas Cinnamon Apples Fat Free Milk	5/10 Open Faced Salisbury Steak Sandwich with Gravy Glazed Sliced Carrots Pears Fat Free Milk	5/11 Breakfast for Lunch French Toast Sticks and Sausage Patties Tater Tots Applesauce Fat Free Milk	5/12 Italian Dunkers Steamed Broccoli Juicy Peaches Fat Free Milk
5/15 Pasta with Meat Sauce and Bread	5/16 Buffalo Chicken Stromboli	5/17 Pork Patty with Bread Mixed Vegetables	5/18 Chicken Fajitas with Spanish Rice	5/18 Grilled Cheese Broccoli Florets

Pineapple Tidbits

Fat Free Milk

5/24

Cheeseburger

"Wrap Attack"

Baked Fries

Sliced Pears

Fat Free Milk

5/31

Twin Hot Doas

Baked Beans

Apple Slices

Low Fat Milk

Steamed Corn

Mixed Fruit

Low Fat Milk

5/25

Fish Sticks

Steamed Green Beans

Pineapple Tidbits

Fat Free Milk

6/1

Chef's Choice

Hot Vegetable

Assorted Fruit

Low Fat Milk

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5/18 Grilled Cheese Broccoli Florets Applesauce Fat Free Milk	Broo Bab Darl Leg Cele Cuc
5/26 Sweet and Sour Pork Over Rice with Bread Steamed Peas Mandarin Oranges Fat Free Milk	400

6/2

Chef's Choice

Hot Vegetable

Assorted Fruit

Low Fat Milk

Selections Vary Daily but may include: Spicy Italian Hoagie **Oven Roasted Turkey and Cheese** Ham & Cheese Tuna Salad Chicken Salad **Buffalo Wrap** Caesar Wrap Turkey Club Wrap Selections Offered with a Choice of Fruits, Vegetables and Low Fat Milk



You may take Two, half cup servings of Fruits and Vegetables Must take at least one 1/2 cup servings ruit or vegetable to be considered a meal uit and Vegetable Selections Vary Daily but may include:

ccoli Florets y Carrots k Green Leafy ume Salad umbers

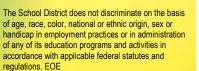
Fresh Apples Fresh Orange Petite Banana Apple Sauce Peaches **Diced Pears Mixed Fruit**



Milk Choices Offered Daily:

1% white, non-fat white, non-fat flavored

Proud to manage your fond service program Nutrition





Green Beans

Diced Pears

Fat Free Milk

5/22

Corn Dog Nuggets

Baked Beans

Sliced Peaches

Fat Free Milk

5/29

Memorial Day

No School



Glazed Carrots

Juicy Peaches

Fat Free Milk

5/23

Popcorn Chicken Bowl

with Bread

Broccoli

Applesauce

Fat Free Milk

5/30

Sloppy Joe on a Bun

Sliced Carrots

Juicy Peaches

Low Fat Milk