

LUMS/HS & GMTCC MAY 2017 LUNCH MENU

Lunch Price
Paid \$3.00
Adult \$3.75

Breakfast Price
Paid \$1.75
Adult \$2.50

Each Meal
Includes Choice
Of Entrée
Main Entrée
Vegetarian Entrée
Sandwich Entrée

Each Entrée
Comes With
Hot Vegetable
Vennie Bar
Starch or Roll
If Available
&
Canned or Fresh Fruit
Milk

Milk Choices
FF White
1% White
FF Chocolate

USDA IS AND EQUAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st Sticky Chicken Wrap or Grilled Cheese Sandwich w/White Rice Sesame Roasted Green Beans Chili	2nd Goulash w/garlic breadstick or Vegetable Stromboli Corn Vegetable Soup	3rd BBQ Pulled Pork Pizza or Quesadilla Pizza Caesar Salad Navy Bean Soup	4th Meatloaf w/ Scalloped Potatoes & Roll or Cheesy Veggie Quiche Roasted Brussel Sprouts Aunt Mary's Soup	5th Italian Sausage w/ O & P or Cheese Quesadilla French Fries Glazed Carrots Chef's Choice Soup
8th Golden Chicken Breast or Fish Sandwich Seasoned Fries Beets Tuscan smoked Turkey and Bean Soup	9th Ham & Turkey Stromboli or Vegetable Cheese Stromboli Strawberry Spinach Salad Peas Homemade Tomato soup	10th French Toast Sticks w/ eggs or Sausage Hashbrown Patty Hot Apples & Cinnamon Strawberry Soup	11th Soft Shell Tacos or Nachos Garnde w/Wheat Rice Southwestern Corn Southwestern Bean Soup	12th Hamburger, Cheeseburger, or Veggie Burger Potato Wedges Carrots Chef's Choice Soup
15th Chicken Tenders or Fish Sticks Potato Rounds Peas Corn Chowder	16th Shephards Pie w/roll or Grilled Cheese Roasted Cauliflower Tomato Macaroni Soup	17th Pepperoni Pizza or Cheese Pizza Green Beans Caesar Salad Asian Chicken Noodle soup	18th Chicken Stir-Fry or Cheese Quiche Brown Rice Broccoli & Cheese Beef Barley Soup	19th Hot Dogs or Cheese Breadsticks w/sauce Sweet Potato Fries Carrots Chef's Choice Soup
22nd Hamburger, Cheeseburger, or Veggie Burger Potato Wedges Beets Chicken Noodle Soup	23rd Meatball sub or Cheese Omelet w/pancakes Potato rounds Swiss Chard Tex Mex Soup	24th French Toast Sticks w/ eggs or Sausage Apple Compote Homefries Strawberry Soup	25th Macaroni and Cheese or Macaroni and Trees Roll Glazed Carrots Mushroom Barley Soup	26th Chicken Pot Pie or Cheese Quesadilla Roasted Squash Chef's Choice Soup
29th NO SCHOOL MEMORIAL DAY	30th Twisted Mac & Beef or Baked Fish Roll Swish Chard Vegetable Soup	31st Fajita Chicken or Cheese Quesadilla Brown Rice Strawberry Spinach Salad Green Beans Cheeseburger Soup		

Pre Made Sandwiched, Wraps & Subs - Ham, Turkey, Roast Beef & Tuna with Am Cheese or Provolone & Lettuce, Onion, Tomato & Pickles.
Served on Assorted Wrap, Breads or Whole Wheat Roll.

Self Serve Salad Bar - Mix of Greens, Tomato, Carrots, Cucumber, Onions, Broccoli, Cauliflower, Sprouts, Garbanzo Beans,

OPPORTUNITY EMPLOYEE