

MAY 2019

Tech Prep High

Monday

Tuesday



Wednesday

Option 1: Homemade Beef Taco Bowl Option 2: Cheese Quesadilla w/ Salsa Option 3: Chicken Meatball Sub Pico de Gallo Seasoned Pinto Beans Choice of Fruit & Milk



Option 1: Scrambled Eggs & Turkey Bacon w/ Waffle Option 2: Crispy Chicken Sandwich Option 3: Chef Salad w/ Whole Grain Roll Hash Brown Potatoes Cinnamon Apples Choice of Fruit & Milk



Option 1: Stuffed Crust Pizza Or Pepperoni Pizza Option 2: Chicken Quesadilla w/ Salsa Option 3: Harvest Chicken Salad w/ Apples, Craisins & Roll Carrot Sticks w/ Ranch Greek Side Salad Choice of Fruit & Milk

Option 1: Bacon Cheeseburger Option 2: Cheese Pizza Option 3: Chicken Caesar Salad w/ Roll Sweet Potato Wedges **Baked Beans** Choice of Fruit & Milk

Option 1: Crispy Chicken Drumstick w/ Whole Grain Biscuit Option 2: Cheeseburger Option 3: Turkey & Cheese Sub Collard Greens Seasoned Corn Choice of Fruit & Milk

Option 1: Orange Chicken Bowl w/ Brown

Option 2: Cheese Quesadilla w/ Salsa Option 3: Chicken Meatball Sub Broccoli, Carrot & Mushroom Stir Frv Choice of Fruit & Milk

Option 1: Shredded BBQ Turkey Sandwich

Option 2: Crispy Chicken Sandwich Option 3: Chef Salad w/ Whole Grain Roll Black Bean & Corn Salad Choice of Fruit & Milk

Option 1: Italian Stuffed Breadsticks w/ Marinara Dipping Sauce Option 2: Chicken Quesadilla w/ Salsa Option 3: Harvest Chicken Salad w/ Apples, Craisins & Roll Mixed Greens Salad Choice of Fruit & Milk

Option 1: Crispy Fish & Cheese Sandwich w/ Tartar Sauce Option 2: Cheese Pizza Option 3: Chicken Caesar Salad w/ Roll Sweet Potato Waffle Fries Seasoned Corn Choice of Fruit & Milk

Option 1: Spicy Chicken Strips w/ Whole Grain Roll Option 2: Cheeseburger Option 3: Turkey & Cheese Sub Potato Wedges Green Beans Choice of Fruit & Milk

Option 1: Spaghetti w/ Meat Sauce Option 2: Cheese Quesadilla w/ Salsa Option 3: Chicken Meatball Sub Steamed Broccoli Choice of Fruit & Milk

Option 1: Hot Dog Option 2: Crispy Chicken Sandwich Option 3: Chef Salad w/ Whole Grain Roll Baked Beans Coleslaw Choice of Fruit & Milk

Option 1: Meat Lover's Pizza Or Veggie Pizza Option 2: Chicken Quesadilla w/ Salsa Option 3: Harvest Chicken Salad w/ Apples, Craisins & Roll Greek Side Salad Carrot Sticks w/ Ranch Choice of Fruit & Milk

Option 1: Philly Cheesesteak Option 2: Cheese Pizza Option 3: Chicken Caesar Salad w/ Roll Waffle Fries Mixed Greens Salad Choice of Fruit & Milk

Option 1: KFC Bowl w/ Popcorn Chicken 8 Biscuit Option 2: Cheeseburger Option 3: Turkey & Cheese Sub Mashed Potatoes Peas & Carrots

Choice of Fruit & Milk

Option 1: Homemade Beef Taco Bowl Option 2: Cheese Quesadilla w/ Salsa Option 3: Chicken Meatball Sub Pico de Gallo Seasoned Pinto Beans Choice of Fruit & Milk

Option 1: Scrambled Eggs & Turkey Bacon w/ Waffle Option 2: Crispy Chicken Sandwich Option 3: Chef Salad w/ Whole Grain Roll Hash Brown Potatoes Cinnamon Apples Choice of Fruit & Milk

Option 1: Stuffed Crust Pizza Or Pepperoni Pizza Option 2: Chicken Quesadilla w/ Salsa Option 3: Harvest Chicken Salad w/ Apples, Craisins & Roll Carrot Sticks w/ Ranch Greek Side Salad Choice of Fruit & Milk



Option 1: Crispy Chicken Drumstick w/ Whole Grain Biscuit Option 2: Cheeseburger Option 3: Turkey & Cheese Sub Collard Greens Seasoned Corn Choice of Fruit & Milk

Option 1: Orange Chicken Bowl w/ Brown Option 2: Cheese Quesadilla w/ Salsa Option 3: Chicken Meatball Sub Broccoli, Carrot & Mushroom Stir Fry Choice of Fruit & Milk

Option 1: Shredded BBQ Turkey Sandwich Option 2: Crispy Chicken Sandwich Option 3: Chef Salad w/ Whole Grain Roll Black Bean & Corn Salad Choice of Fruit & Milk

Option 1: Italian Stuffed Breadsticks w/ Marinara Dipping Sauce Option 2: Chicken Quesadilla w/ Salsa Option 3: Harvest Chicken Salad w/ Apples, Craisins & Roll Mixed Greens Salad Choice of Fruit & Milk

All students are offered an assortment of fresh fruits and 8 oz non-fat, low-fat, or non-fat chocolate milk.