

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

Pizza is Available every Monday, Wednesday & Friday

UP FOR GRABS

Chicken Caesar Salad with Dinner Roll
Chef Salad with Dinner Roll
Italian Salad with Dinner Roll
Taco Salad with Dinner Roll



WWW.MYSCHOOLACCOUNT.COM

You can register child's lunch account online. With this system you are able to monitor purchases, make payments & track all

Lunch Prices
Student \$2.25
Reduced \$.40
Adult \$3.25

General Manager
MISHELL SCHLEGEL

Phone Number-447-5529 Ext.2336

Email

mschlegel@shcsd.org

USDA is an equal opportunity provider and employer.

Monday

May 3rd is National School Lunch Hero Day!



Thank your Lunch Ladies!

Tuesday

Wednesday

Thursday

Friday

1
Jacked Up Buffalo Chicken Fries w/Roll
or
Jacked Up Cheesesteak Fries w/Roll
Featured Veggies:
French Fries
Fresh Celery
Choice of Fruit & Milk
C

2
General Tso's Chicken over Rice
or
Hot Italian Grinder on a Bun
Featured Veggies:
Steamed Broccoli
Fresh Cucumber Slices
Choice of Fruit & Milk
D

3
Cheese Stick Dippers w/Sauce
or
Sloppy Joe on a Bun
Featured Veggies:
Garden Peas
Fresh Carrots
Choice of Fruit & Milk
E

6
Chicken Nuggets w/Pretzel Rod
or
Chili
Featured Veggies:
Baked Beans
French Fries
Choice of Fruit & Milk
F

7
2 for Tuesday Taco's w/Toppings
or
Chicken Fajita's
Featured Veggies:
Golden Corn
Salsa
Choice of Fruit & Milk
A

8
Chicken Alfredo w/Garlic Bread
or
Cheese Steak on a Roll
Featured Veggies:
Ceasar Salad
Carrots
Choice of Fruit & Milk
B

9
Baked Chicken w/Roll
or
Hot Dog on a Bun
Featured Veggies:
Mashed Potatoes
Celery
Choice of Fruit & Milk
C

10
Buffalo Chicken Dip with Scoops
or
Rib-B-Que Sandwich on a Bun
Featured Veggies:
Corn
Steamed Broccoli
Choice of Fruit & Milk
EARLY DISMISSAL

13
Dip-It Chicken Sandwich on a Bun
or
Sloppy Joe on a Bun
Featured Veggies:
Ranch Potatoes
Peas
Choice of Fruit & Milk
E

14
Walking Taco w/Toppings
or
Pulled Pork Sandwich
Featured Veggies:
Salsa
Golden Corn
Choice of Fruit & Milk
F

15
Grilled Chicken/Steak Salad w/Roll
or
Hot Dog on a Bun
Featured Veggies:
French Fries
Cucumber Slices
Choice of Fruit & Milk
A

16
Open Faced Hot Roast Beef Sandwich w/Gravy
or
Fish Sandwich on a Roll
Featured Veggies:
Mashed Potatoes
Steamed Carrots
Choice of Fruit & Milk
B

17
Flatbread White Pizza w/Sauce
or
Tuna Salad on Flatbread
Featured Veggies:
Steamed Broccoli
Fresh Carrots
Choice of Fruit & Milk
C

20
Spicy Chicken Patty Sandwich
or
Cheese Steak Hoagie
Featured Veggies:
Fresh Celery
Green Beans
Choice of Fruit & Milk
D

21
BURGER BAR:
Burger
or
Hot Dog
Featured Veggies:
French Fries
Tomato Slices
Choice of Fruit & Milk

22
Meatball Hoagie w/Cheese
or
Hot Ham & Cheese Sandwich
Featured Veggies:
Green Peas
Corn
Choice of Fruit & Milk
F

23
Flatbread Buffalo Chicken
or
Corn Dog
Featured Veggies:
Steamed Carrots
Spicy Chick Peas
Choice of Fruit & Milk
A

24
SANDWICH BAR
Featured Veggies:
French Fries
Tomato Slices
Choice of Fruit & Milk

27
MEMORIAL DAY

28
TATER TOT BOWL
Cheeseburger or Taco w/Roll
or
Sloppy Joe
Featured Veggies:
Tater Tots
Salsa
Choice of Fruit & Milk
C

29
Chicken Mashed Potato Bowl w/Biscuit
or
All American Hoagie
Featured Veggies:
Mashed Potatoes
Corn
Choice of Fruit & Milk
D

30
Lasagna w/Garlic Bread
or
Flat Mac
Featured Veggies:
Tossed Salad
Garden Peas
Choice of Fruit & Milk
E

31
PICNIC BAR
Hamburger or Hot Dog
Potato Chips
Baked Beans
Fresh Veggies
Fresh Fruit
Dessert
Milk
F