

# Mast High School May Lunch Menu



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## The Grille

Grilled Chicken Sandwich  
Cheeseburger on a Bun  
Breaded Chicken Sandwich  
Spicy Chicken Sandwich

## The Garden

Build Your own Salad Bar  
Antipasto Salad  
Roast Turkey & Cheese Salad  
Chicken Caesar Salad  
Garden Salad with Cheese  
Chef Salad  
Breaded Chicken Salad

## The Pizzeria

Buffalo Chicken Pizza  
Pepperoni Pizza  
Cheese Pizza  
Broccoli & Cheese Pizza  
Sausage Pizza  
Mushroom Pizza

## Grab & Go

A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!

## Options

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5/1</b> Macaroni and Cheese Dinner Roll Stewed Tomatoes Mixed Fruit Fat Free Milk	<b>5/2</b> Chicken Fries Dinner Roll Cucumber Slices Blueberries Fat Free Milk	<b>5/3</b> French Toast Sticks With Sausage Tater Gems 100% Juice Fat Free Milk	<b>5/4</b> Salisbury Steak with Mashed Potatoes Dinner Roll Celery Sticks Cinnamon Applesauce Fat Free Milk	<b>5/5</b> Chicken Fajitas Spanish Rice 3 Bean Salad Fat Free Milk
<b>5/8</b> Sloppy Joe Sandwich Steamed Peas Strawberries Fat Free Milk	<b>5/9</b> BBQ Pork Sand Baked Beans Sliced Apples Fat Free Milk	<b>5/10</b> Cheese Steak French Fries Diced Peas Fat Free Milk	<b>5/11</b> Chicken Parmesan Pasta Marinara Steamed Broccoli Mixed Fruit Fat Free Milk	<b>5/12</b> Pork Fried Rice Dinner Roll Green Peas Mandarin Oranges Fat Free Milk
<b>5/15</b> Popcorn Chicken Po'boy Cucumber Slices Crisp Apple Fat Free Milk	<b>5/16</b> Corn dog Nuggets Baby Carrots Diced Peaches Fat Free Milk	<b>5/17</b> French Toast Sticks With Sausage Tater Gems 100% Juice Fat Free Milk	<b>5/18</b> Buffalo Chicken Alfredo Dinner Roll Steamed Broccoli Pineapple Tidbits Fat Free Milk	<b>5/19</b> Chicken Tenders Dinner Roll Chick Pea Salad Crisp Apple Fat Free Milk
<b>5/22</b> Meatball Sub Golden Corn Mixed Fruit Cup Fat Free Milk	<b>5/23</b> Hot Ham and Cheese Melt On a Bun Black Bean Salad Sliced Peaches Fat Free Milk	<b>5/24</b> BBQ Chicken Dunkers Baby Carrots Mixed Fruit Fat Free Milk	<b>5/25</b> General Tso's Chicken Over brown rice Steamed Broccoli Mandarin Oranges Fat Free Milk	<b>5/26</b> No School   Fresh Produce from Local Farms based on crop availability
<b>5/29</b> No School Memorial Day	<b>5/30</b> Teriyaki Chicken Over veggies and rice Cucumber Slices Sliced Peaches Fat Free Milk	<b>5/31</b> French Dip Tater Tots Apple Sauce Fat Free Milk	<b>6/1</b> Walking Tacos Brown Rice Petite Banana Fat Free Milk	<b>6/2</b> Ham and Cheese Stromboli Baby Carrots Crisp Apple Fat Free Milk

## The Deli

Made to order Deli Station  
Hoagies  
Wraps  
Sandwiches  
Platters

## Accompaniments

\*Must take at least one 1/2 cup of fruit or vegetable

\*Vegetable Bar includes:

Broccoli Florets  
Baby Carrots  
Spinach  
Legume Salads  
Celery & Cucumber  
Romaine Lettuce

\*Fruits include:

Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Peas  
Applesauce

## Milk

Milk Choices Offered Daily:  
1% white, non-fat white, non-fat flavored

## Proud to manage your food service program

Lunch Prices: Paid \$2.78 Reduced \$ .40

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

**MENUS SUBJECT TO CHANGE**