# May 2024 Stark County Junior/Senior High School Menu

Breakfast is served every day from 7:30-8:00 am

#ALLIN Can't Stop Won't Stop Menu is Subject to Change 1% White, Strawberry, Chocolate Milk are offered at all meals A Plant Based Meal is offered. Our Breakfast is Offer vs. Serve. Children can pick 3 out of 4 items as long as 1 of the items is ½ cup of fruit or juice.

Our Lunches are Offer vs. Serve. Children can pick 3 out 5 Meal Groups (Meat/Meat Alternative Fruit, Grain, Vegetables, Milk. As long as the Child has ½ cup of fruit or vegetable with 2 other components on their tray.

# 1 Wednesday

WG Poptart, WG Cereal, Fruit, Juice

WG Bun 28g, Tenderloin 14g,, Smoothie Meal, Salad, Yogurt Meal, Deli Meal <u>Oven</u> <u>Potatoes 22g, Peaches</u> <u>14g, Fresh Fruit and</u> <u>Veggies</u>

### 2 Thursday

WG Pancake on a Stick 17g, Syrup 20g, WG Cereal, Fruit, Juice

Chicken Nachos (Chicken 1 g, Cheese 3g, Tortilla Chips 32g), Salad, Deli Meal, Yogurt Meal or Chicken or Cheese Quesadilla Salsa 8g, Refried Beans 24g, Tropical Fruit 22 g, Fresh Fruit and Veggies

### 3 Friday

WG Cereal, Biscuit 26g, Sausage and Gravy 8g, Fruit, Juice

WG Cheese Bites 56g, Marinara Sauce 7gm, Salad, Deli Meal, Yogurt Meal Romaine 1.5g, Carrots 6g, Pears 16g, WG Cookie 17g, Fresh Fruit and Veggies

# 6 Monday

WG Cereal. Honey Bun 26g for 1, Fruit, Juice

WG Corn Dog 60g or Mini Corn Dogs 34g Panini Meal, Yogurt Meal, Deli Meal, Salad Baked Beans 26g, Mandarin Oranges 17g, Fresh Fruit and Veggies,

# 7 Tuesday

WG Cereal, WG Pigs in a Blanket 30g, Syrup 20g, Fruit, Juice

WG Pretzel 72g, Baked Potato 37g, Cheese Sauce 6g, Ham, Deli Meal, Yogurt Meal, Salad Carrots 6g, Pears 16g, Fresh Fruit and Veggies

# 8 Wednesday

WG Cereal, Biscuit 26g, Egg Patty 1g, Sausage 1g, Cheese Slice 2g, Fruit, Juice

WG Bun 28g, BBQ Rib 8g, Smoothie Meal, Deli Meal, Yogurt Meal, Salad <u>Green</u> Beans 4g, Pineapple 17g, Fresh Fruit and Veggies

# 9 Thursday

WG Cereal, WG Muffin 43g, Fruit, Juice

WG Roll 15g, WG Chicken

Nuggets 32g, Salad, Deli Meal, Yogurt Meal, Chicken or Cheese Quesadilla Mashed Potatoes 17g, Gravy 7g for 2 oz, Rosy Applesauce 22 g, Fresh Fruit and Veggies

# 10 Friday

WG Cereal, Cinnamon Roll 42g, Juice, Fruit

WG Pizza 56g, Salad, Deli Meal, Yogurt Meal, L Romaine 1.5 g, Peaches 14 g, Bavarian Creme Dessert 10g, Fresh Fruit and Veggies

13 Monday WG Cereal, WG Toast 14g, Jelly 9g, Omelet 2g, Fruit, Juice WG Bun 28g, Bacon Cheeseburger 3g Panini Meal, Yogurt Meal, Deli Meal, Salad Oven Potatoes 22g, Rosy Applesauce 22g, Fresh Fruit and Veggies	14 Tuesday WG Cereal, WG English Muffin 21g, Egg Patty 1g, Cheese Slice 2g, Fruit, Juice WG Chili Crispito 23g for 1, Salad, Deli Meal, Yogurt Meal, Refried Beans 24g, Salsa 8g, Tropical Fruit 22g, Fresh Fruit and Veggies	15 Wednesday WG Cereal, WG Waffle 24g, Syrup 20g, Fruit, Juice WG Tortilla 42g, Chicken Strips 22g, Bacon 1g, Shredded Cheese 1g for 1 oz Smoothie Meal, Deli Meal, Yogurt Meal, Salad Romaine 1.5g, Peaches 14g, Fresh Fruit and Veggies	16 Thursday WG Cereal, WG Bagel 38g, Cream Cheese 1g, Fruit, Juice WG Bun 22g, Meatballs with sauce 5g and Cheese 2g, Deli Meal, Yogurt Meal, Salad, Chicken or Cheese Quesadilla Peas 11g, Carrots 6g, Strawberries and Bananas 25.58g, Mixed Fruit, Fresh Fruit and Veggies	17 Friday WG Cereal, WG Pancake 37g, Syrup 20g, Fruit, Juice WG Multi Cheese Garlic Bread 45g, Salad, Yogurt Meal, Deli Meal Marinara Sauce 7g, Corn 14g, Pears 16g, Sidekick 23 g, Fresh Fruit and Veggies
20 Monday WG Cereal, WG Breakfast Pizza 44 g, Fruit, Juice WG Bosco Sticks 75g for 3 Panini Meal, Salad, Deli Meal, Yogurt Meal Marinara Sauce 7 g, Romaine 1.5 g, Mandarin Orange 17g, Fresh Fruit and Veggies	21 Tuesday WG Cereal, WG French Toast Sticks 57g, Syrup 20 g, Juice, Fruit WG Bun 28 g, WG Chicken Patty 16 g, Salad, Deli Meal, Yogurt Meal Oven Potatoes 22g, Pears 16g, Fresh Fruit and Veggies	22 Wednesday WG Cereal, Biscuit 26g, Sausage and Gravy 8g, Fruit, Juice WG Bun 22 g, Hot Dog 2g, or Chili 4g Dog, Smoothie Meal, Yogurt Meal, Deli Meal, Salad Baked Beans 26g, Peaches 14 g, Fresh Fruit and Veggies	23 Thursday WG Cereal, WG Donut 33g, Fruit, Juice WG Pizza Crunchers 82g Salad, Chicken or Cheese Quesadilla, Yogurt Meal, Deli Meal Marinara Sauce 7 g, Green Beans 4 g, Rosy Applesauce 22 g, Fresh Fruit and Veggies	24 Friday WG Breakfast Bar 47g, WG Cereal, Fruit, Juice  Early Dismissal Last Day of School at 11:00 Sack Lunch to take home PB & J, Fresh Fruit and Veggies, Wg Chips
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