



April 2019

Study Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
1 (4)	Breaded Chix Drumstick Ham Chef Salad** PB&J Sandwich Dinner Roll Steamed Zucchini Fresh Tomato Wedges Assorted Fruits	2 PB&J Day	Pizza Chix Meatball Sub Chix Caesar Salad PB&J Sandwich Dinner Roll Steamed Carrots Green Peas Assorted Fruits	3	Country Chix Nugget Bowl Egg Chef Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Corn Assorted Fruits	4	Teriyaki Chix w. Vegetables Popcorn Chix Salad PB&J Sandwich Plain Rice Dinner Roll Pinto Kickin Beans Baby Carrots Assorted Fruits	5	Pepperoni or Cheese Pizza* Fish Sticks PB&J Sandwich Dinner Roll Steamed Broccoli Fresh Cucumber Slices Assorted Fruits	
8 (5)	Beef Soft Tacos Egg Chef Salad PB&J Sandwich Dinner Roll Black Beans Side Salad Baby Carrots Assorted Fruits	9	Swt & Sour Popcorn Chix w. Broccoli Popcorn Chix Salad PB&J Sandwich Dinner Roll/Plain Rice Roasted Mixed Vegetables Red Pepper Strips Assorted Fruits	10	Chix Fajitas Ranch Chix Salad PB&J Sandwich Dinner Roll Swt Potato Fries Fresh Zucchini Assorted Fruits	11	Breaded Fish Melt Ham Chef Salad** PB&J Sandwich Dinner Roll Charro Beans Green Beans Assorted Fruits	12 National Grilled Chz Day	Pepperoni or Cheese Pizza* Grilled Chz Sandwich PB&J Sandwich Dinner Roll Steamed Spinach Tomato & Cucumber Salad Assorted Fruits	
15 (1)	Buffalo Chix Drumstick PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Fresh Broccoli Assorted Fruits	16	Chix Parmesan Spaghetti PB&J Sandwich Cheeseburger Breadstick Green Beans Red Pepper Strips Assorted Fruits	17	Broccoli & Chz Baked Potato Ham Chef Salad** PB&J Sandwich Dinner Roll Orange Glazed Carrots Corn Assorted Fruits	18 Spring Fling	Country Chix Nugget Bowl BBQ Pork Sandwich* PB&J Sandwich Dinner Roll Baked Beans Mashed Potatoes Baby Carrots Assorted Fruits	19 No School		
22 (2)	Fish Sticks Egg Chef Salad PB&J Sandwich Dinner Roll Sliced Carrots Fresh Tomato Wedges Assorted Fruits	23	Lasagna Popcorn Chix Salad PB&J Sandwich Dinner Roll Side Salad Fresh Cucumber Slices Assorted Fruits	24	Salisbury Steak Chicken Caesar Salad PB&J Sandwich Dinner Roll Mashed Potatoes Green Beans Assorted Fruits	25	Chix Parmesan Sub Turkey Chef Salad PB&J Sandwich Dinner Roll Campfire Chipotle Beans Red Pepper Strips Assorted Fruits	26 National Pretzel Day	Pepperoni or Cheese Pizza* Chicken & Chz Salad PB&J Sandwich Pretzels Steamed Broccoli Baby Carrots Assorted Fruits	
29 (3)	Nacho Chz Walking Taco Egg Chef Salad PB&J Sandwich Dinner Roll Corn Baby Carrots Assorted Fruits	30	Chix & Maple Syrup Waffle Breaded Buffalo Chix Salad PB&J Sandwich Dinner Roll Green Beans Red Pepper Strips Assorted Fruits	Job Opportunity Looking for flexibility? Part-Time or Full-Time hours? No nights or weekends? Nutrition Services employees needed. To apply, please call 523-1116.						

More Info...
Offered Daily to MS students:

- *Featured Entrée
- *Featured Salad
- *Esta Fiesta Bar
- Beans & Rice
- *Featured Deli Selections:
- Variety of Deli Sandwiches
- PB&J Sandwiches
- Pretzel, Yogurt & Cheese Packs
- *Featured Pizza Selections
- Cheese Pizza
- Pepperoni Pizza*
- Make Your Own Bagel Pizza
- Manager's Special
- *Featured Grill Selections:
- Cheeseburger, Grilled
- Chicken Sandwich
- Breaded Chicken Sandwich
- *Breadstick or Pretzels
- *Assorted Juice
- *Assorted Milk
- 1% White,
- 1% Chocolate
- Skim: Vanilla, Strawberry
- Additional Weekly Grill Options:**
- Spicy Chicken Sandwich
- Popcorn Chicken
- Chicken Tenders
- Hot Dog
- *May contain pork
- **Chicken Ham
- Lunch Prices MS/ES:**
- Full Priced: \$2.90/\$2.65
- Reduced: \$.40/\$.40
- Menus are subject to change without notice.

Nutrition Services Vision: "To provide meals and service that enrich and nourish lives."

Special News...

Free and Reduced Meal Applications can be filled out online at <https://frapps.horizonsolana.com/SPRR01> or you can pick up a paper version at your school office.

"This institution is an equal opportunity provider."

What is a Reimbursable Lunch?
Must choose 3 components with one being ½ cup fruit or vegetable.

1. Whole Grain
2. Fruit
3. Vegetable
4. Meat/Meat Alternate
5. Milk-1%, Skim

