



May 2019

Discovery-Phelps-OTC LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

1
 Ranch Chix & Chz Panini
 Cheeseburger
 Dinner Roll
 Swt Potato Bites
 Fresh Zucchini
 Assorted Fruits

2
 BBQ Cheeseburger
 Asian Bar
 Chicken Patty
 Sandwich
 Dinner Roll
 Black Charro Beans
 Garden Salad
 Assorted Fruits

3
 Nacho Chz Walking Taco
 Hot Dog on Bun
 Dinner Roll
 Fresh Broccoli
 Tater Bites
 Assorted Fruits

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

6
 Breaded Chix
 Drumstick
 Grilled Chix
 Sandwich
 Dinner Roll
 Gravy
 Mashed Potatoes
 Green Beans
 Assorted Fruits

7
 Pasta Bar
 Chicken Patty Sandwich
 Dinner Roll
 Steamed Carrots
 Green Peas
 Assorted Fruits

8
 Country Chix Nugget Bowl
 Cheeseburger
 Dinner Roll/ Gravy
 Mashed Potatoes
 Corn
 Assorted Fruits

9
 Meatball Sub
 Chicken Patty
 Sandwich
 Pinto Kickin Beans
 Baby Carrots
 Assorted Fruits

10
 Jerk Chix & Cheddar Flatbread
 Fish Sandwich
 Steamed Broccoli
 Cucumber Slices
 Assorted Fruits

PRICES
 Lunch: \$2.90
 Reduced: \$0.40

*May contain pork

13
 Salisbury Steak
 Corn Dog
 Dinner Roll/Gravy
 Mashed Potatoes
 Fresh Broccoli
 Assorted Fruits

14
 Pasta Bar
 Chicken Patty Sandwich
 Dinner Roll
 Fresh Roasted Mixed Veggies
 Red Pepper Strips
 Assorted Fruits

15
 Manager's Choice
 Dinner Roll
 Swt Potato Fries
 Fresh Zucchini
 Assorted Fruits

16
 Manager's Choice
 Dinner Roll
 BBQ Chipotle Black Beans
 Garden Salad
 Assorted Fruits

17
 Manager's Choice
 Dinner Roll
 Steamed Spinach
 Baby Carrots
 Assorted Fruits

20
 Manager's Choice
 Dinner Roll/ Gravy
 Mashed Potatoes
 Steamed Broccoli
 Assorted Fruits

21
 Manager's Choice
 Dinner Roll
 Green Beans
 Sweet Potato Bites
 Assorted Fruits

22

23

24

27

28

29

30

31

Vision: "Deliver experiences that enrich and nourish lives."



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.

Menus are subject to change without notice.

"This institution is an equal opportunity provider."

