

Salem High School Lunch Menu May 2017



Senior Food Service Director: Michele Fisher
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	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Grilled Chicken Sandwich Hamburger on a Bun Breaded Chicken Sandwich Hot Dogs</p>	<p>1 Hot Bites ⁵⁰ Over Steamed Rice Sweet Potato Yams 17 Mixed Fruit 14 Choice of Milk</p>	<p>2 Pizza Burger! Green Beans 6 Apple Slices 12 Choice of Milk</p>	<p>3 Ethan's Choice BBQ Rib On Bun ³⁴ Black Bean & Corn Salad 16 Diced Peaches 14 Choice of Milk</p>	<p>4 Macaroni and Cheese w/ Bread Stick ⁵¹ Steamed Peas 10 Diced Peaches 14 Choice of Milk</p>	<p>5 National Hoagie Day! Ham, Turkey and Cheese Hoagie w/ Fixings Broccoli Salad! 2 Applesauce 12 Choice of Milk</p>	<p>Spicy Italian Hoagie Buffalo Chicken Oven Roasted Turkey and Cheese Ham & Cheese</p>
<p>Pepperoni and Cheese Salad Garden Salad with Cheese Chef Salad Chicken Salad</p>	<p>8 Kristian's Choice Asian Chicken over Rice ⁴² Glazed Carrots 11 Chilled Apricots 14 Choice of Milk</p>	<p>9 Mini Corn Dogs ³⁰ w/ Dinner Roll Baked Beans 26 Diced Peaches 14 Choice of Milk</p>	<p>10 Chipotle Chicken Bowl w/ Rice ⁴⁷ Cheesy Refried Beans Mixed Fruit 14 Choice of Milk</p>	<p>11 Meatball Sub w/ Cheese ³³ Romaine Salad w/ Dressing 4 Apple Slices 12 Choice of Milk</p>	<p>12 Brunch for lunch! Pancakes w/ Sausage ²⁷ Sweet Potato Wedges Pear Halves 14 Choice of Milk</p>	<p>*Must take at least one 1/2 cup of fruit or vegetable</p> <p>*Vegetable Bar includes: Broccoli Florets Baby Carrots Dark Leafy Greens Legume Salads Celery & Cucumber</p> <p>*Fruits include: Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce</p>
<p>Pepperoni Pizza Mozzarella Cheese Pizza Veggie Pizza Buffalo Chicken Pizza Calzones or Panini</p>	<p>15 Cheese Jammers w/ Marinara Sauce ³⁹ Green Beans 6 Applesauce 12 Choice of Milk</p>	<p>16 Hot Bites over Steamed Rice ⁵⁰ Sweet Potato Yams 17 Diced Peaches 14 Choice of Milk</p>	<p>17 National Cherry Cobbler Day! Rodeo Burger Steamed Broccoli 2 Cheery Cobbler Choice of Milk</p>	<p>18 McQuaker Sandwich Ham, Egg and Cheese on Muffin Crispy Oven Rounds Sliced Peaches 14 Choice of Milk</p>	<p>19 Walking Taco w/ Spanish Rice 22 Cheesy Refried Beans Mixed Fruit 14 Choice of Milk</p>	<p>Milk Choices Offered Daily: 1% white, non-fat white, non-fat</p>
<p>A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!</p>	<p>22 Sweet and Sour Chicken over Rice ⁴⁴ Sweet Corn 20 Apricots 14 Choice of Milk</p>	<p>23 Meatloaf over Buttered Noodles ⁴⁶ Glazed Carrots 6 Apple Slices 12 Choice of Milk</p>	<p>24 Asian Chicken over Steamed Rice ⁴² Green Beans 6 Chilled Peaches 14 Choice of Milk</p>	<p>25 Spaghetti w/ Meat Sauce ⁴⁹ Bread Stick Romaine Salad w/ Dressing 4 Diced Peaches 14 Choice of Milk</p>	<p>26 BBQ Rib On Bun ³⁴ Baked Beans Applesauce 12 Choice of Milk</p>	<p>Lunch Prices: Paid \$2.35 Reduced \$..40 Adult \$2.75</p>
<p>MENUS SUBJECT TO CHANGE</p>	<p>29 NO SCHOOL</p>	<p>30 TACO TUESDAY! Chicken Soft Taco ²⁰ Black Bean & Corn Salad 16 Sweet Peaches Choice of Milk</p>	<p>31 COOK OUT! Grilled Hot Dogs on Bun ²⁵ Baked Beans 26 Fresh Fruit Choice of Milk</p>	<p>Whole Grains Available Daily</p>	<p>USDA is an equal opportunity provided and employer.</p>	