



May 2017 High School Lunch Menu PRINCETON



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Let's Go
Tigers!

Veggie Grab Bag: Daily Raw Veggie Choices

Carrots, Cucumbers,
Toasty Bean Bites,
Broccoli, Mixed
Patch

Choose 1 Entrée.
You May Take 2 Fruit & 2 Veggie Choices!



Fresh/Cupped/Juice
PICK 2 FRUITS



Cooked/Raw Veggie Patch
PICK 2 VEGGIES

THINK BALANCE!

A Balanced Tray ... **Grain** ~ **Protein** ~ **Fruit** ~ **Vegetable** ~ **Milk**

We Use
Whole Grain
Products!

Monday-May 1	Tuesday-May 2	Wednesday-May 3	Thursday-May 4	Friday-May 5
Toasted Cheese Sandwich with Turkey Bacon <u>Sides:</u> Tomato Soup Veggie Grab Bag w/Ranch/Hummus	Baked Ziti with Garlic Toast <u>Sides:</u> Green Beans Veggie Grab Bag w/Ranch/Hummus	Chicken Cheese Steak on a WG Torpedo Roll <u>Sides:</u> Sweet Potato Fries Veggie Grab Bag w/Ranch/Hummus	Chicken Nuggets with Cheesy Broccoli Rice <u>Sides:</u> Rainbow Veggie Medley Veggie Grab Bag w/Ranch/Hummus	Beef-A-Roni with a WG Garlic Breadstick <u>Sides:</u> Garden Salad Veggie Grab Bag w/Ranch/Hummus
Monday-May 8	Tuesday-May 9	Wednesday-May 10	Thursday-May 11	Friday-May 12
Chicken and Cheese Burrito on a WG Tortilla <u>Sides:</u> Brown Rice and Refried Beans Veggie Grab Bag w/Ranch/Hummus	Nachos Grande with Corn Chips and Toppings <u>Sides:</u> Sweet Corn Veggie Grab Bag w/Ranch/Hummus	Beef Cheese Steak on a WG Torpedo <u>Sides:</u> Peas and Carrots Veggie Grab Bag w/Ranch/Hummus	Popcorn Chicken with Cornbread <u>Sides:</u> Rainbow Veggie Medley Veggie Grab Bag w/Ranch/Hummus	Hot Dog Bar with Veggie Beans & Sauerkraut <u>Sides:</u> Caesar Salad Veggie Grab Bag w/Ranch/Hummus
Nat'l Choc Chip Cookie Day!	Tuesday-May 16	Wednesday-May 17	Thursday-May 18	Friday-May 19
Meatball Parmesan Hoagie on a WG Torpedo <u>Sides:</u> Sauteed Spinach-Choc. Chip Cookie Veggie Grab Bag w/Ranch/Hummus	Teriyaki Beef & Broccoli with Brown Rice <u>Sides:</u> Steamed Broccoli Veggie Grab Bag w/Ranch/Hummus	Toasted Cheese Sandwich with Turkey Bacon <u>Sides:</u> Tomato Soup Veggie Grab Bag w/Ranch/Hummus	Chicken Parmesan with Pasta and Sauce <u>Sides:</u> Kale Salad Veggie Grab Bag w/Ranch/Hummus	Chicken Tenders with Mashed Potatoes and Gravy <u>Sides:</u> Garden Salad Veggie Grab Bag w/Ranch/Hummus
Nat'l Vanilla Pudding Day!	Tuesday-May 23	Wednesday-May 24	Thursday-May 25	Friday-May 26
Sweet and Sour Chicken with Brown Rice <u>Sides:</u> Garden Peas-Vanilla Pudding Veggie Grab Bag w/Ranch/Hummus	Soft Shell Tacos on WG Tortillas <u>Sides:</u> Sweet Corn Veggie Grab Bag w/Ranch/Hummus	Pasta Bar with WG Garlic Bread <u>Sides:</u> Caesar Salad Veggie Grab Bag w/Ranch/Hummus	Roasted Chicken with Gravy and WG Breadstick <u>Sides:</u> Mashed Potatoes Veggie Grab Bag w/Ranch/Hummus	BBQ Pulled Pork with Macaroni and Cheese <u>Sides:</u> Mixed Veggies Veggie Grab Bag w/Ranch/Hummus
Monday-May 29	I LOVE the USA!	Wednesday-May 31	<div style="border: 2px solid blue; padding: 10px;"> <p>Lunch Prices: Regular Lunch \$4.25 Extra Entrée: \$2.30 ~ Reduced: \$0.40 ~ Adult: \$4.75 ~ Milk: \$0.65 *Menu subject to change* Food Service Director: Paul Sample prd@nsfm.com Phone: 609-806-4280 x2950</p> </div>	
Memorial Day- No School "My fellow Americans, ask not what your country can do for you- ask what you can do for your country!" -John F. Kennedy	All American Burger with 3 Cheeses on a WG Bun <u>Sides:</u> Baked Beans-Patriotic Parfait Veggie Grab Bag w/Ranch/Hummus	Chicken and Waffles with Syrup <u>Sides:</u> Glazed Carrots Veggie Grab Bag w/Ranch/Hummus		

This institution is an equal opportunity provider.

Milk: Skim White Skim Chocolate Skim Strawberry 1% White Lactaid