



## May Cathedral High School Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Popcorn Chicken, Whole Grain Brown Rice, Broccoli, Fruit, Apple Chips, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Corn &amp; Peppers</p> <p style="text-align: right;"><b>1</b></p>	<p>BBQ Philly Steak &amp; Cheese Sub, Whole Grain Hot Dog Bun, Potato Wedges, Fruit, 100% Fruit Juice, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Sugar Snap Peas</p> <p style="text-align: right;"><b>2</b></p>	<p>Whole Grain Turkey-Bacon Pizza, Green Beans w/ Red Peppers, Fruit, Apple Chips, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Chickpeas</p> <p style="text-align: right;"><b>3</b></p>
<p>BBQ Chicken Drumsticks, Whole Grain Cornbread (2), Broccoli, Fruit, Applesauce, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Carrots</p> <p style="text-align: right;"><b>8</b></p>	<p>Chicken Fajitas, Whole Grain Tortilla Wrap, Black Beans &amp; Corn, Fruit, 100% Fruit Juice, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Broccoli</p> <p style="text-align: right;"><b>9</b></p>	<p>3 Cheese Mac &amp; Cheese, Green Beans w/ Red Peppers, Fruit, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Corn &amp; Peppers</p> <p style="text-align: right;"><b>10</b></p>	<p>Cheeseburger, Whole Wheat Bun, Sweet Potato Wedges, Fruit, Craisins, Fluid Milk, Ketchup</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Sugar Snap Peas</p> <p style="text-align: right;"><b>11</b></p>	<p>Whole Grain Cheese Pizza Sticks, Tater Tots, Orange, 1% Milk, Ketchup</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Chickpeas</p> <p style="text-align: right;"><b>12</b></p>
<p>Grilled Cheese on Croissant Sandwich, Potato Wedges, Fruit, Apple Chips, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Carrots</p> <p style="text-align: right;"><b>15</b></p>	<p>Turkey Kielbasa &amp; Chicken Jambalaya, Brown Rice, Red Beans, Fruit, Applesauce, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Broccoli</p> <p style="text-align: right;"><b>16</b></p>	<p>Whole Grain Spaghetti w/ Meat Sauce (Beef), Carrots, Garlic Bread, Fruit, 100% Fruit Juice, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Corn &amp; Peppers</p> <p style="text-align: right;"><b>17</b></p>	<p>Teriyaki Beef, Brown Rice, Broccoli, Fruit, Apple Chips, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Sugar Snap Peas</p> <p style="text-align: right;"><b>18</b></p>	<p>Whole Grain Buffalo Chicken Pizza, California Blend Vegetables, Fruit, Craisins, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Chickpeas</p> <p style="text-align: right;"><b>19</b></p>
<p>Honey Jerk Chicken Wings, Whole Grain Cornbread(2), Carrots, Fruit, Apple Chips, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Carrots</p> <p style="text-align: right;"><b>22</b></p>	<p>Beef Taco Bowl, Brown Rice, Black Beans &amp; Corn, Sour Cream, Fruit, 100% Fruit Juice, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Broccoli</p> <p style="text-align: right;"><b>23</b></p>	<p>Haitian Spaghetti (Beef), Whole Grain Pasta, Broccoli, Fruit, Craisins, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Corn &amp; Peppers</p> <p style="text-align: right;"><b>24</b></p>	<p>Spicy Crispy Chicken Sandwich, Whole Wheat Bun, Tater Tots, Fruit, Craisins, Fluid Milk, Ketchup</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Sugar Snap Peas</p> <p style="text-align: right;"><b>25</b></p>	<p>Whole Grain Turkey-Pepperoni Pizza, Green Beans w/ Red Peppers, Fruit, Applesauce, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Chickpeas</p> <p style="text-align: right;"><b>26</b></p>
<p><b>Holiday - No Meal</b></p> <p style="text-align: right;"><b>27</b></p>	<p>Beef Nachos, Whole Grain Tortilla Chips, Corn, Fruit, Craisins, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Broccoli</p> <p style="text-align: right;"><b>28</b></p>	<p>Curried Chicken, Whole Grain Brown Rice, Green Beans w/ Red Peppers, Fruit, Applesauce, Fluid Milk</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Carrots</p> <p style="text-align: right;"><b>29</b></p>	<p>Jamaican Beef Patty, Brown Rice &amp; Beans, Fruit, 100% Fruit Juice, Fluid Milk, Ketchup</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Sugar Snap Peas</p> <p style="text-align: right;"><b>30</b></p>	<p>Whole Grain Cheese Pizza Sticks, Tater Tots, Orange, 1% Milk, Ketchup</p> <p><b>Cold:</b> Uncrustable Sandwich, Goldfish, String Cheese, Chickpeas</p> <p style="text-align: right;"><b>31</b></p>