

**HARDEMAN COUNTY HIGH SCHOOLS
MAY 2019**

Monday

Tuesday

Wednesday

Thursday

Friday

		1 Sausage Pizza or Hot Dog / Bun Potato Salad California Blend Cole Slaw Fruit Choice Milk BK: Pancake On Stick, Syrup	2 Cheese Pizza or Oven Baked Chicken , Roll Baked Potato Broccoli & Cheese Small Salad, Baked Apples Fruit Choice Milk BK: Donut	3 Sausage Pizza or Cheeseburger, Bun Batter Bites Baked Beans Lettuce / Tomato Fruit Choice Milk BK: Chicken & Biscuit, Jelly
6 Pepperoni Pizza or Chicken Rings, Roll Pinto Beans Cream Potatoes, Gravy Small Salad Fruit Choice Milk BK: Sausage & Biscuit, Jelly	7 Cheese Pizza or Bar-B-Q, Bun Baked Beans French Fries Slaw Fruit Choice Milk BK: Bacon & Biscuit, Jelly	8 Stuffed Crust Pizza or Meat Loaf, Rolls Lima Beans Carrots Small Salad Fruit Choice Milk BK: French Toast, Syrup	9 Sausage Pizza or Manager Choice, Roll Whole Kernel Corn Green Beans Slaw Fruit Choice Milk BK: Breakfast Bites, Syrup	10 Pepperoni Pizza or Cheeseburger, Bun Batter Bites Baked Beans Lettuce / Tomato Fruit Choice Milk BK: Ham & Biscuit, Jelly
13 Cheese Pizza or Taco /Tortilla Wrap Refried Beans Shredded Lettuce/ Diced Tomato Whole Kernel Corn/Salsa Fruit Choice Milk BK: Sausage & Biscuit, Jelly	14 Ham & Cheese or Turkey & Cheese, Bun Buttered Potatoes Green Beans Lettuce / Tomato Fruit Choice Milk BK: Ham & Biscuit, Jelly	15 Sausage Pizza or Hot Dog / Bun Mixed Vegetables Macaroni & Cheese Cole Slaw Fruit Choice Milk BK: Cinna Mini	16 Pepperoni Pizza or Baked Ham, Roll Cream Potatoes / Gravy Purple Hull Peas Broccoli & Cheese Fruit Choice Milk BK: Bologna & Biscuit , Jelly	17 Cheese Pizza or Cheeseburger, Bun Batter Bites Baked Beans Lettuce / Tomato Fruit Choice Milk BK: French Toast, Syrup
20 MANAGERS CHOICE Fruit Choice Milk BK: MANAGERS CHOICE	21 MANAGERS CHOICE BK: MANAGERS CHOICE	22 MANAGERS CHOICE Fruit Choice Milk BK: MANAGERS CHOICE	23 $\frac{1}{2}$ DAY NO LUNCH	24
27	28	29 Daily Requirements: 9-12 Lunch M/MA = 2 oz. Grain = 2 oz. minimum Red/Orange/ Dark Green Vegetables =1 cup Fresh, Canned, or Fruit Juice = 1 cup Milk = 8 oz. All breakfasts offered with milk, fresh fruit or fruit juice, or cereal choice	30 Breakfast Prices Teachers: \$2.00 Visitors: \$2.25 "Lunch Prices" Teachers: \$3.25 Visitors: \$3.75	31 Calorie, weekly Avg:450 -600 Saturated Fat weekly Avg.: <10 % Sodium Weekly Avg.: <640 mg. Trans Fat: 0 grams

This institution is an equal opportunity provider.

Menu subject to change due to food availability.