



Sean Lowe: Foodservice Director

MAY

<p>Served Daily: Sandwich Line: \$3.00 - Chicken Salad Wrap - Turkey Roll Up - Ham and Cheese - Buffalo Chicken - Uncrustables (PB & J) - Italian Grinder - Bologna Sandwich - Tuna Salad Wrap - Mixed Veggie Wrap - Italian Meatball Sub - Egg Salad Sandwich</p> <p>Daily Sides: Mon – Garden Salad Tues – Corn & Black Bean Wed – Baby Carrots Thurs – Edamame Salad Fri – Sliced Cucumbers</p> <p>*Assorted Lite Dressings *Assorted Condiments *Assorted Fruits *All grain products are whole grain or whole wheat *All meals come with 8 oz milk *Gluten Free meal options available</p>	<p>Prices: Breakfast: \$1.50 Reduced Breakfast: \$0.25 Lunch: \$3.00 Reduced Lunch: \$0.40 Staff Breakfast: \$1.75 Staff Lunch: \$4.00</p>	<p>Daily Breakfast: - Assorted Muffins - Assorted Cereals - Yogurt Parfaits - Fresh Fruit - Assorted Milks and Juices</p>			<p>Rotating Breakfast Specials: Mon-Whole Grain Bagel & Cream Cheese Tues- French Toast Wed- Egg and Cheese Quesadilla Thurs- Pancakes Fri-Scrambled Eggs and Toast</p>
	<p>Monday-1</p> <p>Main Entrée: Chicken & cheese quesadilla Yellow rice & beans Tomato basil bean salad</p>	<p>Tuesday-2</p> <p>Main Entrée: Marinated roasted whole chicken Side: Home Fresh Fruit fried potatoes Butternut squash Fresh fruit</p>	<p>Wednesday-3</p> <p>Main Entrée: Monty Tech chicken bowl- layers of popcorn chicken, corn, mashed potatoes, cheese and gravy Side: Fresh Fruit</p>	<p>Thursday-4</p> <p>Main Entrée: Taco salad bowl- layers of Taco meat, rice, lettuce & cheese w/jalapeños, banana peppers, olives & tomatoes Side: Mexican corn Corn Fresh fruit</p>	<p>Friday-5</p> <p>Monty Tech Pasta Bowl: Shell macaroni with your choice of sauces: Marinara, alfredo, butter and parmesan Sausage & Meatballs Garlic bread</p>
	<p>Salad Bar Iceberg Lettuce Romaine Lettuce Assorted vegetables and toppings Cottage Cheese Shredded Cheese Ham Chicken Croutons French Bread Dressings: Lite Italian, Ranch, Balsamic, rasp. Vin, Caesar</p> <p>Chicken Sandwich Breaded chicken breast fillet on a hamburger roll Sides: Veggie of the day Side salad Fresh fruit</p>	<p>Salad Bar Iceberg Lettuce Romaine Lettuce Assorted vegetables and toppings Cottage Cheese Shredded Cheese Ham Chicken Croutons French Bread Dressings: Lite Italian, Ranch, Balsamic, rasp. Vin, Caesar</p> <p>Chicken Sandwich Breaded chicken breast fillet on a hamburger roll Sides: Veggie of the day Side salad Fresh fruit</p>	<p>Salad Bar Iceberg Lettuce Romaine Lettuce Assorted vegetables and toppings Cottage Cheese Shredded Cheese Ham Chicken Croutons French Bread Dressings: Lite Italian, Ranch, Balsamic, rasp. Vin, Caesar</p> <p>Chicken Sandwich Breaded chicken breast fillet on a hamburger roll Sides: Veggie of the day Side salad Fresh fruit</p>	<p>Salad Bar Iceberg Lettuce Romaine Lettuce Assorted vegetables and toppings Cottage Cheese Shredded Cheese Ham Chicken Croutons French Bread Dressings: Lite Italian, Ranch, Balsamic, rasp. Vin, Caesar</p> <p>Chicken Sandwich Breaded chicken breast fillet on a hamburger roll Sides: Veggie of the day Side salad Fresh fruit</p>	<p>Salad Bar Iceberg Lettuce Romaine Lettuce Assorted vegetables and toppings Cottage Cheese Shredded Cheese Ham Chicken Croutons French Bread Dressings: Lite Italian, Ranch, Balsamic, rasp. Vin, Caesar</p> <p>Chicken Sandwich Breaded chicken breast fillet on a hamburger roll Sides: Veggie of the day Side salad Fresh fruit</p>



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	<p>Monday-8</p> <p>Main Entrée: Sun-dried tomato chicken and penne pasta Side: Braised Italian chick peas French bread</p>	<p>Tuesday-9</p> <p>Main Entrée: Turkey & gravy over Mashed potatoes Side: Carrots & dinner roll Fresh Fruit</p>	<p>Wednesday-10</p> <p>Main Entrée: BBQ pulled pork sandwich Potato salad Sides: Southwest roasted corn salad Fresh fruit</p>	<p>Thursday-11</p> <p>Main Entrée: Shepherd's pie Sides: Dinner roll Fresh fruit</p>	<p>Friday-12</p> <p>Monty Tech Pasta Bowl: Shell macaroni with your choice of sauces: Marinara, alfredo, butter and parmesan Sausage peppers & onions Meatballs Garlic bread</p>
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	<p>Monday-15</p> <p>Main entrée: Creamy mac & cheese</p> <p>Sides: Buttered peas Dinner roll</p>	<p>Tuesday-16</p> <p>Main entrée: Buffalo or plain chicken nuggets with rice pilaf</p> <p>Sides: Broccoli Dinner roll</p>	<p>Wednesday-17</p> <p>Main entree: Grilled pepperoni & cheese melt</p> <p>Sides: Creamy tomato basil soup with parmesan cheese French bread</p>	<p>Thursday-18</p> <p>Main entree: Burger bar- with Cheese, lettuce, tomato, pickles, onions, banana peppers Jalapeños and fries</p> <p>Sides: Tomato basil bean salad</p>	<p>Friday-19</p> <p>Main Entrée: Homemade School Pizza</p> <p>Side: Fresh Fruit Garden Salad</p>
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	<p>Monday-22</p> <p>Main Entrée: Chicken & cheese quesadilla Yellow rice & beans Tomato basil bean salad</p>	<p>Tuesday-23</p> <p>Main Entrée: Marinated roasted whole chicken Side: Home Fresh Fruit fried potatoes Butternut squash Fresh fruit</p>	<p>Wednesday-24</p> <p>Main Entrée: Monty Tech chicken bowl- layers of popcorn chicken, corn, mashed potatoes, cheese and gravy Side: Fresh Fruit</p>	<p>Thursday-25</p> <p>Main Entrée: Taco salad bowl- layers of Taco meat, rice, lettuce & cheese w/jalapeños, banana peppers, olives & tomatoes Side: Mexican corn Fresh fruit</p>	<p>Friday-26</p> <p>Monty Tech Pasta Bowl: Shell macaroni with your choice of sauces: Marinara, alfredo, butter and parmesan Sausage & Meatballs Garlic bread</p>		
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