

## MASSEY HILL/RAMSEY HIGH CENTRAL MENU – MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">5-1</p> <p>Pancake Sausage On Stick OR Bagel Cream Cheese Bar, Seasonal Fresh Fruit</p> <p>Salisbury Steak &amp; Gravy w/Roll OR Chicken Nuggets w/Roll Mashed Potatoes Seasoned Collard Greens Fresh Pears Chilled Strawberries</p>	<p style="text-align: right;">5-2</p> <p>Beef Steak Biscuit OR Honey Bun, Seasonal Fresh Fruit</p> <p>Hot Dog with or without Chili OR Cheeseburger On Bun Lettuce Leaf &amp; Sliced Tomato French Fries Seasoned Mixed Vegetables Fresh Oranges Chilled Applesauce Manager's Choice Cookie</p>	<p style="text-align: right;">5-3</p> <p>French Toast Sticks OR Cinnamon Biscuits, Seasonal Fresh Fruit</p> <p style="text-align: center;"><u>PARFAIT WEDNESDAY</u></p> <p>Chicken Fajita OR Ham &amp; Cheese Croissants Mexican Rice Seasoned Corn Fiesta Black Beans Salsa Fresh Apples Chilled Peaches</p>	<p style="text-align: right;">5-4</p> <p>Sausage Biscuit OR Fruit Frudel, Seasonal Fresh Fruit</p> <p>Stuffed Crust Pizza OR Hawaiian Chicken w/Flatbread Sweet Potato Fries Seasoned Green Beans Fresh Grapes Sourlicious Raisins</p>	<p style="text-align: right;">5-5</p> <p>Egg &amp; Cheese Biscuit OR Super Donut, Seasonal Fresh Fruit</p> <p>Teriyaki Chicken Over Rice w/Roll OR Cheese Dunkers w/Marinara Sauce Glazed Carrots Steamed Broccoli Fresh Bananas Chilled Mandarin Oranges</p>
<p style="text-align: right;">5-8</p> <p>Breakfast Bites OR Super Donut, Seasonal Fresh Fruit</p> <p>Mini Ravioli w/Roll OR Spicy Chicken On Bun Lettuce Leaf &amp; Pickles California Blend Vegetables Cucumbers &amp; Tomato Salad Fresh Apple Chilled Peaches</p>	<p style="text-align: right;">5-9</p> <p>Chicken Biscuit OR Cinnamon Roll, Seasonal Fresh Fruit</p> <p style="text-align: center;"><u>BREAKFAST FOR LUNCH TUESDAY</u></p> <p>Sausage, Egg, and Cheese Biscuit OR Beef Fiestada Tater Tots Steamed Broccoli Fresh Oranges Chilled Pineapple Chilled Pudding</p>	<p style="text-align: right;">5-10</p> <p>Breakfast Pizza OR Breakfast Parfait, Seasonal Fresh Fruit</p> <p>Rib-B-Que OR Buffalo Popcorn Chicken w/Roll Seasoned Peas Savory Carrots French Fries Fresh Grapes Chilled Applesauce</p>	<p style="text-align: right;">5-11</p> <p>Ham &amp; Cheese Biscuit OR Banana/Berry/Pumpkin Bread, Seasonal Fresh Fruit</p> <p>Chicken &amp; Rice Casserole w/Roll OR Meatball Sub Seasoned Green Beans Sweet Potato Chunks Fresh Pears Chilled Strawberries</p>	<p style="text-align: right;">5-12</p> <p>Sweet Cinnamon Biscuit OR Mini Waffles, Seasonal Fresh Fruit</p> <p>Fish Nuggets w/Hushpuppies OR Eastern BBQ Sandwich Creamy Coleslaw Baked Beans French Fries Fresh Banana Chilled Mandarin Oranges</p>
<p style="text-align: right;">5-15</p> <p>Pancake/Sausage On Stick OR Fruit Frudel, Seasonal Fresh Fruit</p> <p>Taco Salad w/Chips OR Pork Chop On Bun French Fries Lettuce Leaf &amp; Sliced Tomato California Blend Fresh Apples Chilled Pineapple</p>	<p style="text-align: right;">5-16</p> <p>Beef Steak Biscuit OR Pancake Minis, Seasonal Fresh Fruit</p> <p>Spaghetti &amp; Meat Sauce w/Breadstick OR Corn Dog Nuggets Spinach &amp; Grape Tomato Salad Glazed Carrots Fresh Grapes Chilled Tropical Fruit Sugar Cookie</p>	<p style="text-align: right;">5-17</p> <p>French Toast Sticks OR Egg &amp; Cheese Biscuit, Seasonal Fresh Fruit</p> <p style="text-align: center;"><u>PARFAIT WEDNESDAY</u></p> <p>Meatballs &amp; Gravy w/Roll OR Popcorn Chicken w/Roll Mashed Potatoes with or without Gravy Seasoned Green Beans Fresh Oranges Chilled Applesauce Variety</p>	<p style="text-align: right;">5-18</p> <p>Sausage Biscuit OR Pancake Minis, Seasonal Fresh Fruit</p> <p>Cheeseburger On Bun OR Hot Dog with or without Chili Sweet Potato Fries Baked Beans Lettuce Leaf &amp; Sliced Tomato Fresh Pear Chilled Peaches</p>	<p style="text-align: right;">5-19</p> <p>Breakfast Gravy Pizza OR Bagel Cream Cheese Bar, Seasonal Fresh Fruit</p> <p>Mandarin Chicken Over Rice w/Roll OR Gourmet Grilled Cheese Sandwich Seasoned Cabbage Steamed Broccoli Fresh Bananas Chilled Mandarin Oranges</p>
<p style="text-align: right;">5-22</p> <p>Breakfast Bites OR Mini Waffle, Seasonal Fresh Fruit</p> <p>Grilled Chicken Salad w/Flatbread OR Corn Dog Nuggets French Fries Seasoned Peas Fresh Pear Chilled Peaches</p>	<p style="text-align: right;">5-23</p> <p>Chicken Biscuit OR Banana/Berry/Pumpkin Bread, Seasonal Fresh Fruit</p> <p style="text-align: center;"><u>BREAKFAST FOR LUNCH TUESDAY</u></p> <p>Chicken Tenders w/Waffles OR Sloppy Joe On Bun Seasoned Squash Seasoned Green Beans Fresh Melon Chilled Pineapple Chilled Pudding</p>	<p style="text-align: right;">5-24</p> <p>Breakfast Pizza OR Breakfast Parfait, Seasonal Fresh Fruit</p> <p>Beef &amp; Cheese Nachos OR Deli Wrap Shredded Lettuce &amp; Diced Tomatoes Seasoned Corn Fiesta Black Beans Fresh Apple Chilled Pears</p>	<p style="text-align: right;">5-25</p> <p>Ham &amp; Cheese Biscuit OR Cinnamon Roll, Seasonal Fresh Fruit</p> <p>Chicken &amp; Cheese Fiesta Potato w/Roll OR Stuffed Crust Pizza Caesar Salad Savory Carrots Fresh Orange Chilled Strawberries</p>	<p style="text-align: right;">5-26</p> <p>Sweet Cinnamon Biscuit OR Super Donut, Seasonal Fresh Fruit</p> <p>Eastern BBQ Sandwich OR Hot Dog with or without Chili Sweet Potato Fries Creamy Coleslaw Baked Beans Fresh Banana Chilled Mandarin Oranges</p>
<p style="text-align: right;">5-29</p> <p>NO SCHOOL</p>	<p style="text-align: right;">5-30</p> <p>Pancake Sausage On Stick OR Bagel Cream Cheese Bar, Seasonal Fresh Fruit</p> <p>Chicken Nuggets w/Roll OR Manager's Choice Mashed Potatoes Seasoned Collard Greens Fresh Pears Chilled Strawberries</p>	<p style="text-align: right;">5-31</p> <p>French Toast Sticks OR Cinnamon Biscuits, Seasonal Fresh Fruit</p> <p>Ham &amp; Cheese Croissants OR Manager's Choice Pasta w/Grain Seasoned Corn Fiesta Black Beans Fresh Apples Chilled Pears</p>		

Cereal, graham crackers, juice, assorted muffins & toaster pastries are available daily for breakfast

Flavored and unflavored skim milk is available daily for breakfast and lunch

This institution is an equal opportunity provider.