

# HIGH SCHOOL \* MAY 21



A nourished student is a learning student!

This institution is an equal opportunity provider.



Su	Mon	Tue	Wed	Thu	Fri	S
	<p>3</p> <p>Whole Grain Crust Cheese Pizza OR Whole Grain Rotini w/ Meat Sauce Served with a Whole Grain Dinner Roll OR Chicken Parmesan with Marinara Sauce</p> <p>Ranch Packets</p> <p>10</p> <p>Cinnamon Glazed French Toast Cheese Omelet Hash Brown Rounds OR Cheese Burger served with Whole Wheat Bun OR Jumbo Cheese Ravioli w/ Marinara Sauce &amp; a Dinner Roll Ketchup, Mustard, and Ranch</p> <p>17</p> <p>Hot Ham and Cheese on a Whole Grain Pretzel Bun OR Chicken or Cheese Quesadilla w/ Salsa &amp; Sour Cream OR Cook's Choice Entrée</p> <p>Ranch Packets</p> <p>24</p> <p>2 for 1 Chicken Fajita with Whole Grain Tortillas, Shredded Cheese, Shredded Lettuce, Salsa and Sour Cream OR Whole Grain Mac &amp; Cheese w/ a Dinner Roll OR Whole Grain Crust Cheese Pizza Ranch Packets</p>	<p>No In-person Instruction</p>	<p>On Wednesdays</p> <p>Free Meal Distribution of 6 Days of Breakfasts and 4 Days of Lunches for In-person Learning Students at All Secondary Schools from 7am to 1pm.</p> <p>Carleton will open from 7am to 5pm.</p> <p>(No Distribution at Butcher &amp; Hatherly)</p>	<p>6</p> <p>Bosco Sticks &amp; Tomato Dipping Sauce OR All Beef Hotdog w Bun &amp; a Dinner Roll OR Popcorn Chicken Bowl Up to 2 Dinner Rolls Ketchup, Mustard, and Ranch</p> <p>13</p> <p>2 Whole Grain Breaded Chicken Drumstick w/ a WCS Made Cheese Biscuit OR Whole Grain French Bread Pizza OR Philly Cheese Steak w/ Onions &amp; Green Peppers on a Whole Wheat Sub Ranch Packets</p> <p>20</p> <p>Chicken Shawarma w/ Mujaddara , 1/2 loco bread and Tzatziki Sauce OR Lasagna Rollup w/ Marinara A Whole Grain Dinner Roll OR Spicy Chicken Sandwich on Whole Wheat Bun</p> <p>27</p> <p>Kung Pao Turkey Meatballs &amp; Noodles w/ Roll OR Grilled Cheese Sandwich WCS Soup OR Breakfast Bowl Served with Apple Cinnamon Texas Toast</p> <p>Ranch Packet</p>	<p>No In-person Instruction</p>	

### Monday Cold Lunch Choices

- Parfait w/ Banana Bread
- Veggie Chef Salad w/ Italian Dressing
- Turkey Sub Sandwich w/ Mayo & Mustard
- Hummus Platter

Fresh Broccoli Buds, Baby Carrots, Zucchini Slices

- Apple Slices, Banana, Applesauce Cup
- Apple Juice & Fruit Punch
- Choice of Milk

### Thursday Cold Lunch Choices

- Soybutter Meal
- Chicken Chef Salad w/ Ranch Dressing
- Turkey Ham Sub Sandwich w/ Mayo & Mustard
- Italian Sub Sandwich w/ Mayo & Mustard
- Broccoli Buds, Cherry Tomatoes, Celery Sticks
- Fresh Pear, Fresh Oranges, Diced Peach Cup
- Apple Juice & Fruit Punch
- Choice of Milk