

SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Breakfast, Salad and Vegetarian Choices

Monday

French Toast Sticks and Sausage
Southwestern Chicken Salad
Vegetarian Hot Pocket

Tuesday

Sausage and Pancake on Stick
Chef Salad
Vegetarian Chili with Chips

Wednesday

Breakfast Pizza Pocket
Country Chicken Salad
Garden Burger

Thursday

Omelet and Toast
Chef Salad
Vegetable Sub

Friday

Cinnamon Toast
Asian Chicken Salad
Grilled Cheese and Yogurt

May 1

Corn Dog Nuggets

May 2

Popcorn Chicken Bowl

May 3

Supreme Pizza

May 4

Pork Bar-B-Que on Bun

May 7

Beef Tips over Rice

May 8

Baked Lasagna

May 9

Chicken Fryz

May 10

Chicken Chow Mein over Rice

May 11

Swiss Mushroom Burger

May 14

Pork Chop

May 15

Stuffed Pizza

May 16

Oven Fried Chicken

May 17

Meatloaf

May 18

Hot Dog with Chili and Cheese on Bun

May 21

Soft Taco with Beef or Chicken

May 22

Chicken Parmesan

May 23

Baked Chicken

May 24

Sweet and Sour Chicken

May 25

Sloppy Joe on Bun

May 29

Corn Dog Nuggets

May 30

Popcorn Chicken Bowl

May 31

MENUS FOR MAY 2012

Menchville High

This institution is an equal opportunity provider.

Available Daily!

Crispy and Spicy Chicken Sandwiches
Nachos with Chili and Cheese
Chicken Nuggets
Pizza
Hamburgers and Cheeseburgers
Peanut Butter and Jelly Uncrustable
Sub Sandwiches
Sandwich of the Day
Hot and Cold Vegetables
Fresh Fruit and Fruit Cup
Low-Fat or Skim Milk