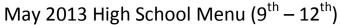


## Memphis City Schools ~ Division of Nutrition Services





Assorted Fresh Fruit

Chilled Pears

	May 2013 High School Menu (9 – 12 )				
Monday	Tuesday	Wednesday	Thursday	Friday	
<u>April 29, 2013</u>	April 30, 2013	<u>May 1, 2013</u>	<u>May 2, 2013</u>	<u>May 3, 2013</u> School Lunch Superhero Day	
<u>Choice</u> Burrito w∕Chili	Choice Chicken Breast Sandwich	<u>Choice</u> Cajun Jambalaya w/French	Choice  Roasted Chicken w/Roll	<u>Choice</u> Mini Burgers	
Yogurt Fruit Basket	Chef Salad w/Roll	Bread	Fiesta Chicken Salad w/Roll	Deluxe Pepperoni Pizza	
Manager's Choice Entrée	Veggie Taco Burger	Chef Salad w/French Bread	Soy Butter & Jelly Jammerz w/		
	- P U	Ravioli w/Marinara Sauce & French Bread	Cheese Stick & Belly Bears	Seeds, String Cheese, & Roll	
		Γ 😈	<u>Choice</u>	<u>Choice</u>	
<u>Choice</u>	<u>Choice</u>	<u>Choice</u>	Steamed Broccoli	Baked Crinkle Cut Fries	
Refried Beans	Seasoned Baked Potato	Southern Style Green Beans	Manager's Choice Vegetable	Fresh Carrots w/Dip	
Vhole Kernel Corn	Spinach Garden Salad	Steamed Baby Carrots	Assorted Fresh Fruit	Assorted Fresh Fruit	
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Chilled Fruit Cocktail	Chilled Pears	
Chilled Mandarin Oranges	Chilled Peaches	Chilled Pineapples			
May 6, 2013	May 7, 2013	May 8, 2013	May 9, 2013	May 10, 2013	
Choice	<u>Choice</u>	<u>Choice</u>	<u>Choice</u>	Choice	
Grilled Chicken Sandwich	Pork Roast w/Rice, Gravy &	Crunchy Tacos	Cheeseburger w/Lettuce & Tomato	Italian Spaghetti w/French Bread	
Stuffed Pasta Shells w/French	Cornbread 🔭 🖟	Chef Salad w/Roll	Chef Salad w/Roll	Catfish Strips w/French Bread	
Bread (Chaire Fature	Chef Salad w/Roll	Cheese Pizza	Manager's Choice Vegetarian	Veggie Salad w/Sunflower	
Nanager's Choice Entrée	Yogurt Fruit Basket 🧗 😱		Item P	Seeds, String Cheese, & French Bread	
Choice	Choice	Choice	Choice	<u>Choice</u>	
Southern Style Green Beans	Potatoes Au Gratin	Steamed Broccoli	Baked Beans	Southern Style Green Beans	
Spinach Garden Salad	Manager's Choice Vegetable	Seasoned Pinto Beans	Fresh Carrot Sticks w/Dip	Potato Wedges	

On May 3rd, let's all honor our schools' lunch staffs nationwide!

Manager's Choice Vegetable

Assorted Fresh Fruit

**Chilled Peaches** 

Spinach Garden Salad

Assorted Fresh Fruit

**Chilled Pears** 

## School Nutrition Employee Week

Assorted Fresh Fruit

**Chilled Pineapples** 

- Represents Pork Item - Represents Vegetarian Item - Represents Whole Grain Item - Represents W **VEGETARIAN ITEMS ARE OFFERED DAILY** 

Assorted Fresh Fruit

Chilled Peaches

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## Memphis City Schools ~ Division of Nutrition Services

## May 2013 High School Menu (9<sup>th</sup> – 12<sup>th</sup>)



Monday	Tuesday	Wednesday	Thursday	Friday
May 13, 2013	May 14, 2013	May 15, 2013	May 16, 2013	May 17, 2013
Choice Hot Ham & Cheese Sandwich Soy Butter & Jelly Jammerz  w/String Cheese & Belly Bears Manager's Choice Entrée	Choice Chef Salad w/Roll Veggie Lasagna Roll w/Marinara Sauce & Roll Manager's Choice Entrée	Choice Chef Salad w/Roll Cheese Pizza Manager's Choice Entrée	Choice Roasted Chicken w/Cornbread Chef Salad w/Roll Yogurt Fruit Basket	Choice Fish Filet Sandwich Veggie Salad w/Sunflower Seeds, String Cheese, & Roll Manager's Choice Entrée
Choice Steamed Baby Carrots Manager's Choice Vegetable Assorted Fresh Fruit Chilled Peaches	Choice Broccoli w/Cheese Sauce Manager's Choice Vegetable Assorted Fresh Fruit Chilled Applesauce Cups	Choice Mashed Potatoes Manager's Choice Vegetable Spinach Garden Salad Assorted Fresh Fruit Manager's Choice Fruit	Choice Seasoned Northern Beans Manager's Choice Vegetable Assorted Fresh Fruit Chilled Pineapples	Choice Baked Beans Breaded Okra Assorted Fresh Fruit Manager's Choice Fruit
May 20, 2013	<u>May 21, 2013</u>	May 22, 2013	Harve a Safe	
Choice Deli Turkey Ham Sandwich Buffalo Chicken Pizza Yogurt Fruit Basket	Choice Spicy Chicken Sandwich Manager's Choice Entrée Manager's Choice Entrée	Choice Manager's Choice Entrée Manager's Choice Entrée Manager's Choice Entrée	<i>ж</i> Нарру	a Safe Summer!!!
Choice Steamed Baby Carrots Manager's Choice Vegetable Assorted Fresh Fruit Manager's Choice Fruit Chilled Pears	Choice Potato Wedges Manager's Choice Vegetable Manager's Choice Fruit Manager's Choice Fruit	Choice California Blend Vegetable Manager's Choice Vegetable Manager's Choice Fruit Manager's Choice Fruit	Summer Food Service Program begins May 29, 2013 for more information contact Tymisha Small at 416-5561.	

- Represents Pork Item - Represents Vegetarian Item - Represents Whole Grain Item

MILK – STUDENTS HAVE A CHOICE OF SKIM OR 1% MILK. FLAVORED MILK IS ONLY OFFERED DURING LUNCH. \*\*MENUS ARE SUBJECT TO CHANGE.\*\*

VEGETARIAN ITEMS ARE OFFERED DAILY