


























# Memphis City Schools ~ Division of Nutrition Services



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




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



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

# School Nutrition Employee Week

## May 6 - 10

 - 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
















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

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

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