Valley Lutheran High School
May 2013 Menu

Cash Lunch $2.25
With Card $2.00
Salad Plate Offered Daily

1 Hamburger on whole grain bun or Taco Salad with whole grain muffins; potato rounds, carrots, fruit, milk
2 Pizza or Chili; green beans, broccoli, cookie, milk
3 Corn Dog Nuggets with ½ pb&j whole grain sandwich or Meatloaf with whole grain muffin; tri tater, carrots, fruit, milk

6 Cheese Sticks or Fish on whole grain bun; green beans, carrots, fruit, milk
7 Quesadilla or Chicken Pasta Salad; carrots, broccoli, fruit, cookie, milk
8 Cheeseburger or Rib E Que on whole grain buns; potato rounds, baked beans, carrots, fruit, milk
9 Chicken Nuggets or Macaroni & Cheese; ½ pb&j whole grain sandwich, tri tater, broccoli, fruit, milk
10 Chicken Wrap; corn, carrots, fruit, milk

13 Nachos or Yogurt & Sandwich; green beans, carrots, fruit, milk
14 Spaghetti or Sub Sandwich; tossed salad, broccoli, carrots, fruit, milk
15 Tacos or Hot Dog on whole grain bun; peas, carrots, broccoli, fruit, milk
16 Service Day
17 Chicken Patti on whole grain bun or Yogurt & sandwich; baked beans, carrots, fruit, cookie, milk

20 Chicken Wrap; corn, carrots, fruit, milk
21 Turkey over Biscuit or Egg, Sausage, Cheese on whole grain English muffin; mashed potatoes, carrots, broccoli, fruit, milk
22 Quesadilla or Whole grain Meatball Sub; baked beans, carrots, fruit, cookie, milk
23 Cheese Sticks or Ravioli; green beans, broccoli, fruit, milk
24 Pizza or Macaroni & Cheese; peas, carrots, fruit, milk

27 No School
28 Chicken Patti on whole grain bun or Pork Chop with ½ pb&j whole grain sandwich; tri tater, baked beans, carrots, fruit, milk
29 Chicken Nuggets or Whole grain Sub Sandwich; tri tater, broccoli, carrots, fruit, milk
30 Nachos or Chicken Pasta Salad; peas, carrots, fruit, milk
31 Cook's Choice; green beans, carrots, broccoli, fruit, milk

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