

MAY 2017

ACS High School Lunch
Grade 9-12 \$2.25

MONDAY

1
Pic-a-Pizza
1. Stuffed Crust
2. Mexican
3. Buffalo

Tossed Green Salad
w/ ChiChi Beans & Dressing
Peach Cup
100% Fruit Juice
Fresh Fruit Bowl

8
Buffalo Style
Chicken Finger Sub

Shredded Lettuce
& Sliced Tomato
Sauteed Spinach
Mixed Fruit Cocktail
100% Fruit Juice
Fresh Fruit Bowl

15
Steak & Cheese Sub
w/ Peppers & Onions

Boston Baked Beans
Tater Tots
Peach Cup
100% Fruit Juice
Fresh Fruit Bowl

22
Cheeseburger Sub

Lettuce, Tomato,
Onion, & Relishes
Baked Spiral Fries
100% Fruit Juice
Fresh Fruit Bowl

29
No School
Memorial Day



TUESDAY

2
Taco Tuesday
w/ Meat & Cheese

Shredded Lettuce
& Diced Tomato
Refried Beans
Spanish Rice
100% Fruit Juice
Fresh Fruit Bowl

9
Warm Ham & Cheese
on Pretzel Bun
w/ Sunchips

Homemade Chili w/ Beans
100% Fruit Juice
Fresh Fruit Bowl

16
Taco Tuesday
w/ Meat & Cheese

Shredded Lettuce
& Diced Tomato
Refried Beans
Spanish Rice
100% Fruit Juice
Fresh Fruit Bowl

23
Chicken Nuggets
w/ Dippin' Sauce
& Macaroni & Cheese

Steamed Broccoli Cuts
100% Fruit Juice
Fresh Fruit Bowl

30
Crispy Chicken Patty
on Wheat Bun

Shredded Lettuce
& Sliced Tomato
Seasoned Green Beans
Diced Peaches
100% Fruit Juice
Fresh Fruit Bowl

WEDNESDAY

3
Crispy Chicken Patty
on Wheat Bun

Shredded Lettuce
& Sliced Tomato
Baked Spiral Fries
Mandarin Oranges
100% Fruit Juice
Fresh Fruit Bowl

10
Breakfast at Lunch
French Toast Sticks
w/ Warm Syrup & Sausage

Hash Brown
Cinnamon Applesauce
100% Fruit Juice
Fresh Fruit Bowl

17
Personal Pan
Pepperoni Pizza

Seasoned Green Beans
Pineapple Tidbits
100% Fruit Juice
Fresh Fruit Bowl

24
Big Daddy
Pepperoni Pizza

Tossed Green Salad
w/ ChiChi Beans & Dressing
Rosy Pears
100% Fruit Juice
Fresh Fruit Bowl

31
Pepperoni Pizza
Boat Sub

Tossed Green Salad
w/ ChiChi Beans & Dressing
100% Fruit Juice
Fresh Fruit Bowl

THURSDAY

4
Oven Baked Pork Chop
w/ Warm Dinner Roll

Mashed Potato & Gravy
Sweet Baby Peas
Cinnamon Applesauce
100% Fruit Juice
Fresh Fruit Bowl

11
Oven-Fried Chicken
w/ Warm Dinner Roll

Mashed Potato & Gravy
Glazed Carrot Coins
100% Fruit Juice
Fresh Fruit Bowl

18
Baked Spirals
in Homemade Sauce
w/ Cheesesticks

Tossed Green Salad
w/ ChiChi Beans & Dressing
100% Fruit Juice
Fresh Fruit Bowl

25
Corn Dogs (2)

Boston Baked Beans
Tater Tots
Applesauce Cup
100% Fruit Juice
Fresh Fruit Bowl

DID YOU KNOW...

The birthstone for May is the emerald which represents success or love.

FRIDAY

5
Baked Macaroni & Cheese

Cucumber & Tomato Salad
Tomato Soup
100% Fruit Juice
Fresh Fruit Bowl

12
Crunchy Cheese Sticks
w/ Marinara Sauce

Veggie Variety
w/ Hummus Dip
Rosy Pears
100% Fruit Juice
Fresh Fruit Bowl

19
Potato Bar
w/ Cheese or Chili Topping

Veggie Variety
Diced Peaches 'n Pears
100% Fruit Juice
Fresh Fruit Bowl

26
Popcorn Chicken
w/ Dippin' Sauce
& Cinnamon Bun

Glazed Carrot Coins
Mandarin Oranges
100% Fruit Juice
Fresh Fruit Bowl

A La Carte

Offered Daily: Cheese Pizza,
Peanut Butter & Jelly, Salad Plate,
Yogurt Plate, Fresh Fruit in Season.

*Milk is available with all
full lunch purchases.

Milk\$0.60
Cookies.....\$0.50
Lg. Cookies.....\$1.00
Ice Cream.....\$0.75
Chips.....\$0.75

*Unless otherwise noted, all
sandwiches are served on whole
wheat bread (when available).

The 2010 Dietary
Guidelines For
Americans recommend
that at least half of
your grains are whole.
For most people, that
translates into at least
48 grams daily.



USDA is an equal
opportunity employer.

After School Snacks
are available every
Monday thru Thursday
in the High School
Cafeteria

Salad Bar available
every Tuesday, Wed,
Thursday