



# MAY | 2017

## Capella High School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> WG Beefy Macaroni (in tomato sauce) 2 oz. Steamed Broccoli ½ c WG Dinner Roll Grapes ½ c 1% Milk	<b>2</b> WG Chicken Rings w/sweet & sour dipping sauce 2 oz. Mashed Potato ¼ c Green Beans ¾ c Pineapple Chunks ½ c 1% Milk	<b>3</b> Meatball Sub Sandwich 2 oz. WG Hamburger Bun 2 oz. Tossed Green Salad ¾ c Cucumber & Tomato slices ¼ c Banana ¾ c 1% Milk	<b>4</b> Turkey & Gravy 2 oz. WG Dinner Roll 2 oz. WG Rice Pilaf ¾ c Vegetable Medley ¾ c Mandarin Oranges ½ c 1% Milk	<b>5</b> Quirky Quesadilla 2 oz. Salsa ¼ c Black Beans ½ c Roasted Corn ¼ c Lettuce ¼ c Tomato ¼ c Peaches ½ c 1% Milk
<b>8</b> BBQ Pork Riblet 2 oz. WG Dinner Roll 2 oz. Succotash ¼ c Red Skin Potato ¼ c Applesauce ½ c 1% Milk	<b>9</b> Beef Burrito 2 oz. Mexican Corn ¼ c Refried Beans ½ c Sliced Carrots w/ranch dipping cup ¾ c Banana ¾ c 1% Milk	<b>10</b> WG Spaghetti w/ Beef & Marinara Sauce 2 oz. Steamed Broccoli ½ c Tossed Green Salad ½ c Red Pepper Strips & Cucumbers ¼ c Pears ½ c 1% Milk	<b>11</b> WG Chicken Nuggets 2 oz. Mashed Potatoes ¾ c Green Beans ¾ c WG Dinner Roll 2 oz. Sliced Peaches ½ c 1% Milk	<b>12</b> Salisbury Steak & Gravy 2 oz. WG Rice ¾ c Steamed Spinach ½ c WG Dinner Roll 2 oz. Mixed Fruit Salad ½ c 1% Milk
<b>15</b> Sloppy Joe Sandwich 2 oz. WG Hamburger Bun 2 oz. Baked Beans ½ c Vegetable Medley ½ c Apple Slices ½ c 1% Milk	<b>16</b> Macaroni & Cheese 2 oz. Steamed Broccoli ½ c Tossed Green Salad ¾ c Red Pepper, Cucumber & Celery Slices ¼ c Peaches ½ c 1% Milk	<b>17</b> Beef Walking Taco 2 oz. Tortilla Chips 2 oz. Mexican Corn ¼ c WG Mexican Rice ¼ c Green Beans ½ c Mandarin Oranges ½ c 1% Milk	<b>18</b> Honey Turkey Sandwich 2 oz. WG Bun 2 oz. Lettuce & Tomato ¼ c Celery & Carrot Cup w/ranch dipping sauce ¾ c Grapes ½ c 1% Milk	<b>19</b> WG Chicken Rings 2 oz. Red Skin Potatoes ¾ c Green Sugar Peas ¾ c WG Dinner Roll 2 oz. Pear Slices 1% Milk
<b>22</b> Beef Patty 2 oz. WG Hamburger Bun 2 oz. Baked Beans ½ c Vegetable Medley ¾ c Applesauce ½ c 1% Milk	<b>23</b> WG Popcorn Chicken 2 oz. WG Dinner Roll 2 oz. Steamed Broccoli ¾ c Steamed Potato ¼ c Pineapple ½ c 1% Milk	<b>24</b> Quirky Quesadilla 2 oz. Salsa ¼ c Black Beans ½ c Roasted Corn ¼ c Lettuce ¼ c Tomato ¼ c Peaches ½ c 1% Milk	<b>25</b> Mini Meatballs & Gravy 2 oz. Green Beans ½ c WG Rice ¾ c WG Dinner Roll 2 oz. Apple Slices ½ c 1% Milk	<b>26</b> WG Turkey & Beef Pepperoni Pizza 4.6 oz. Tossed Green Salad ¾ c Cucumber & Tomato ¼ c w/Italian dressing Orange sections ½ c 1% Milk
<b>29</b> No School	<b>30</b> BBQ Pork Riblet 2 oz. WG Dinner Roll 2 oz. Succotash ¼ c Red Skin Potato ¼ c Applesauce ½ c 1% Milk	<b>31</b> WG Chicken Rings w/sweet & sour dipping sauce 2 oz. Mashed Potato ¼ c Green Beans ¾ c Pears ½ c 1% Milk		

