

# Auburn High School Menu

# MAY 2014

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Did you know?

Strawberries are a perennial fruit that can be harvested from May through October if you plant all three types (ever bearers, June bearers and day-neutrals). Eight strawberries have more vitamin C than an orange. They are the only fruit with the seeds on the outside with 200 tiny seeds on every one!

#### Fruit Yogurt Parfait

Chicken and Noodles  
Ham and Cheese Wrap  
Red Bean Salad  
Peas  
Kiwi  
Peaches

5

#### Tornado

Salisbury Steak  
Cheesy Bread  
Broccoli/Dip  
Mashed Potatoes/Gravy  
Watermelon  
Pears  
Peanut Butter Cookie

6

#### Waffles

Horseshoe  
Chicken Fajitas  
Mixed Greens Salad  
Carrots  
Apple Slices  
Pineapple

7

#### Egg Sandwich/Hashbrowns

Ravioli  
Turkey Deli Wrap  
Carrots/Celery/Dip  
Corn  
Cantaloupe  
Mandarin Oranges  
Whole Grain Roll

8

#### Muffin

Chicken Nuggets  
Turkey Bacon Flatbread  
Celery/Dip  
Mixed Vegetables  
Strawberries  
Applesauce

2

MANAGER'S CHOICE

#### French Toast Sticks

Corn Dog  
Chicken Nuggets  
Macaroni and Cheese  
Salad With Cucumbers  
Carrots/Dip  
Grapes  
Pineapple

12

#### Tornado

Quesadilla  
Meatball Sub Sandwich  
Peppers/Tomatoes/Dip  
Baked Beans  
Apple Slices  
Mixed Fruit  
Apple Crisp

13

#### Pancakes

Spaghetti  
Chicken Patty on Bun  
Marinated Vegetable Salad  
Green Beans  
Orange Slices  
Applesauce  
Whole Grain Roll

14

#### Breakfast Wrap

Grilled Chicken  
Sloppy Joe  
Rice  
Green Peppers/Dip  
Mixed Greens Salad  
Banana  
Apricots

15

#### Muffin

Pork Tenderloin on Bun  
BBQ Chicken on Bun  
Mixed Vegetables  
French Fries  
Strawberries  
Peaches

16

#### Fruit/Yogurt Parfait

Hot Ham and Cheese  
Chicken and Dumplings  
Broccoli Salad  
Peas  
Kiwi  
Pears

19

#### Tornado

Chicken Nuggets  
Tator Tot Casserole  
Mixed Greens Salad  
Carrots  
Watermelon  
Mandarin Oranges

20

#### Waffles

Lasagna  
Turkey Bacon Flatbread  
Marinated Vegetable Salad  
Red Peppers/Dip  
Apple Slices  
Mixed Fruit  
Whole Grain Roll

21

#### Egg Sandwich/Hashbrowns

Chili/Crackers  
Turkey Deli Wrap  
Cucumber Salad  
Oven Brown Potatoes  
Cantaloupe  
Applesauce  
Triple Berry Buckle

22

MANAGER'S CHOICE

26

NO SCHOOL

#### Tornado

Meatloaf  
Sliced Turkey  
Mashed Potatoes/Gravy  
Green Beans  
Apple Slices  
Peaches

27

#### Pancakes

Nachos Grandes  
Chicken Fajitas  
Mexican Bean Dip  
Corn  
Orange Slices  
Pears

28

#### Breakfast Wrap

Soft Taco  
Chicken Bacon Flatbread  
French Fries  
Carrots  
Banana  
Pineapple  
Snickerdoodle Cookie

29

#### Muffin

Chicken and Noodles  
Cheese Quesadilla  
Mixed Greens Salad  
Peas  
Strawberries  
Mandarin Oranges

30

Salad bar is available daily which includes romaine salad, spinach, broccoli, cauliflower, chickpeas, celery, cucumbers, shredded cheese, tomatoes, sunflower seeds, red onions, bacon bits, whole grain crackers, shredded carrots, and low fat salad dressings.

Breakfast items available on a daily basis includes a variety of cereal, nonfat milk (flavored or unflavored) or 1% milk (unflavored), toast and juice. Nonfat milk (flavored or unflavored) or 1% (unflavored) is available daily at lunch..