



Sikeston High School Lunch May 2018

30

Pancakes w/ syrup
scrambled eggs and
sausage
Hash browns
Applesauce

1

Chicken & Mashed
Potato Bowl
BBQ Chicken Pizza
Corn
Cucumber Slices
Diced Peaches

2

Baked potato w/ chili
and cheese
Steamed Broccoli
Baby Carrots
Diced Pears

3

Chicken spaghetti
Carbonara w/bread stick
Green beans
Fresh Red pepper strip
Mix Fruit

4

BBQ Pulled Pork
Sandwich
Collard Greens
Celery sticks
Applesauce

7

Salisbury steak & mash
potatoes w /gravy
Baked veg. beans
Fresh tomato wedges
Applesauce

Fuel Starts today

8

Rotini w/ meat sauce
Bread stick
Green beans
Fresh Cucumber slice
Dice Peaches
Fuel: Spicy Cauliflower
Chicken Pizza
w/Bufalo Ranch sauce

9

Chili fries w/ cheese &
flat bread
Glazed Carrots
Fresh Red pepper
strips
Dice Pears
Fuel: Spicy Cauliflower
Chicken Pizza
w/Bufalo Ranch sauce

10

Chicken Alfredo w/
Bread stick
Campfire Beans
Baby carrots
Mixed Fruit
Fuel: Spicy Cauliflower
Chicken Pizza w/
Bufalo Ranch sauce

11

Bake Potato w/
broccoli and cheese
Spinach
Fresh zucchini slices
Applesauce
Fuel Spicy Cauliflower
Chicken Pizza w/
Bufalo Ranch sauce

14

Pizza sticks
w/marinara
Green beans
Cucumber slices
Applesauce

Fuel continues!

15

Fish sticks
Macaroni and cheese
Fresh Broccoli
Spinach
Mix fruit
Fuel Pepper Popper
Pizza w/spicy ranch
sauce

16

Beef chili w/crackers
Corn
Fresh Tomatoes
Diced Pears

Fuel Pepper Popper
Pizza w/spicy ranch
sauce

17

Pancakes & syrup and
sausage
Tater tots
Fresh Broccoli
Mix Fruit
Fuel Pepper Popper
Pizza w/ spicy ranch
sauce

18

Sloppy Joe sandwich
Kickin beans
Garden salad
Diced peaches
Fuel Pepper Popper
Pizza w/spicy ranch
sauce

21

Managers Choice

22

Managers Choice

23

Managers Choice!

24

Managers Choice!

Early dismissal!

25

28

30

30

31

**What is a reimbursable
Lunch:**
Must choose 3
components with one
being at least a 1/2 cup of
fruit or vegetable.
1. Whole Grain
2. Fruit
3. Vegetable
4. Meat/ Meat Alternate
5. Milk: 1%, Skim

Lunch items available daily:

Made to Order (MTO) Salad Bar
Grill Items
Assorted Pizza
Taco Bar
Assorted Milk



Try our New FUEL Items!

Lunch Prices:

K - 4th\$2.30
5th - 12th ...\$2.55
Reduced... \$0.40
Adult\$3.50

Menus subject to change without notice.