

# May 2018



# Pleasant Ridge High School

## LUNCH



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- This institution is an equal opportunity provider. Menus are subject to change



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**1**  
Sweet & Sour Chicken  
With Egg Roll  
Corn Dog  
 Rice / Chilled Peaches  
 Cucumber and Peppers w/Ranch

**2**  
Pulled Pork Sandwich  
Grilled Chicken Sandwich  
 Baked Beans  
 Fries  
 Applesauce / Cookie

**3**  
Chicken Strips / Roll  
PBJ: Yogurt -Goldfish  
 Mashed Potatoes / Gravy  
 Green Beans  
 Fresh Fruit

**4**  
Pizza (Variety)  
PBJ: Cheese Stick - Goldfish  
 Salad Bar / Fresh Oranges  
 Birthday Cake Day

**7**  
Crispitos w/ Cheese Sauce  
Tenderloin Sandwich  
 Lettuce / Tomato  
 Corn / Tortilla chips/ Salsa  
 Pineapple

**8**  
Mac & Cheese with  
Garlic Toast & Little Smokies  
Corn Dog  
 Caesar Salad / Carrots  
 Chilled Pears / Yogurt

**9**  
Cheese Burger  
Breaded Chicken Sandwich  
 Lettuce / tomato  
 Baked Beans  
 Fries  
 Tropical Fruit / Sherbet

**10**  
Chicken Strips / Roll  
PBJ: Yogurt -Goldfish  
 Mashed Potatoes / Gravy  
 Peas  
 Fresh Fruit

**11**  
French Toast & Sausage  
PBJ: Yogurt -Goldfish  
 Tri-Tater  
 Peppers and Celery  
 Juice / Crumb Cake

**14**  
Taco Crunch  
Breaded Chicken Sandwich  
 Lettuce / Tomato  
 Corn / Tortilla Chips & Salsa  
 Fruit Cocktail

**15**  
Cowboy Cavatini / Breadsticks  
Corn Dog  
 Salad Bar  
 Chilled Peaches  
 Yogurt

**16**  
Grilled Chicken Sandwich  
BBQ Riblet Sandwich  
 Tater Tots  
 Baked Beans  
 Tropical Fruit / Cookie

**17**  
Chicken Strips / Roll  
PBJ: Yogurt -Goldfish  
 Mashed Potatoes / Gravy  
 Green Beans  
 Fresh Fruit

**18**  
Pizza (Variety)  
PBJ- Yogurt-Goldfish  
 Salad Bar  
 Fresh Oranges  
 Cookie

**21**  
Cooks Choice



**22**  
Cooks Choice



**23**  
Schools out at 11:00am



**24**  
KEEP CALM AND ENJOY VACATION



**25**  
Have an awesome Summer!



**29**  
enjoy your life

