May 2022 Lakes SD 117 High School Lunch

Lunch $ 3.25

Milk .60¢

HOMESTYLE MEAL

V= Vegetarian

(*) Contains or may contain Pork

FEATURES

Fresh N' Go

Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
5/2	5/3	5/4	5/5	5/6
Cheese Omelet Pork Sausage Links* Tri Tater Applesauce	Beef Stroganoff Buttered Noodles Green Beans Sliced Pears	Sloppy Joes Pretzels Fruit Gelatin	Pasta & Meatballs Toasted Garlic Bread Garden Salad w/Dressing	Roast Chicken w/Gravy Mashed Potatoes Peas & Carrots
5/9	5/10	5/11	5/12	5/13
Pizza Bread V Fresh Veggie w/Dip Fresh Apple	Salisbury Steak w/Gravy Whipped Potatoes Sweet Corn	2 Turkey Hot Dogs Potato Chips Spiced Pear Slices	Pancakes Sweet Maple Syrup Pork Sausage Links Hash Brown Potatoes Applesauce	Crispy Fish Sandwich V Pretzels Fresh Veggie w/Dip
5/16	5/17	5/18	5/19	5/20
BBQ Rib Sandwich Fritos Fresh Grapes	Chicken Parmesan Hot Buttered Noodles Peas & Carrots	Meatballs w/Gravy Parsley Potatoes Steamed Corn	Coney Island Corn Dog Baked Potato Puffs Fresh Fruit	No Lunch Testing Day
5/23	5/24	5/25	5/26	5/27
No Lunch Testing Day	No Lunch Testing Day			
5/30	5/31			
No School Memorial Day				
Popcorn Chicken w/ Curly Fries $4.25	Mini Corn Dogs w/ Fries $4.25	Cook's Choice w/Fries $4.50	Hot & Spicy Chicken Sandwich w/ Curly Fries $4.50	Tailgate Sampler w/Fries $4.50
Fresh Grapes Fresh Pineapple Fresh Mixed Fruits	Fresh Fruit Apple or Orange	Fresh Grapes Fresh Pineapple Fresh Mixed Fruits	Fresh Fruit Apple or Orange	Fresh Grapes Fresh Pineapple Fresh Mixed Fruits
Garden Salad V or Chicken Caesar Salad	Buffalo Salad or Fresh Veggies w/Dip V	Mascot Salad or Crispy Chicken Salad	Southwest Salad or Julienne Salad	Garden Salad V or Fresh Veggies w/Dip V
Buffalo Style Chicken Wrap	Turkey, Ham or Italian Subs w/Cheese	Variety of Wraps Variety of Deli Subs	Italian Wrap or Turkey Bacon Wrap	Turkey, Ham or Italian Subs w/Cheese

Daily Entrées

Cheeseburgers
Chicken Sandwiches
Plain Pizza
& Stuffed Crust Pizza

Fruit & Veggies
available daily with all lunches

Arbor A+ Nutrition Mission

To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms
- ✓ **Plant based entrée options**

~Arbor Management~

Make Choices for a Healthy Lifestyle!

arbor online arbormgt.com

For more information or to "Ask the Dietitian", check out our website!

Menu changes are occasionally necessary. Notice will be given when possible.

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