



# May 2012 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>30</b> <i>HALF DAY</i> <i>Entrée:</i> Whole Grain Bagel with Sunbutter, Cheese Stick, and Carrots <i>Fruit:</i> Crunchy Red Apple Milk Choice</p>	<p><b>1</b> <i>Entrée:</i> Build a Better Burger on a Whole Grain Bun <i>Fruit:</i> Juicy Orange Milk Choice Salad Bar**</p>	<p><b>2</b> <i>Entrée:</i> Roasted Chicken with Veggie Brown Rice <i>Fruit:</i> Yellow Banana Milk Choice Salad Bar**</p>	<p><b>3</b> <i>Entrée:</i> Whole Grain Chicken Pasta Marinara <i>Fruit:</i> Fresh Pear Milk Choice Salad Bar**</p>	<p><b>4</b> <i>Entrée:</i> Beef Taco on Loco Bread with Fiesta Beans and Brown Rice <i>Fruit:</i> Peachy Peach Cup Milk Choice Salad Bar**</p>
<p><b>7</b> <i>Entrée:</i> Whole Grain Cheese Pizza <i>Fruit:</i> Juicy Orange Milk Choice Salad Bar**</p>	<p><b>8</b> <i>Entrée:</i> Roasted Chicken with Whole Grain Breadstick <i>Fruit:</i> Crunchy Apple Milk Choice Salad Bar**</p>	<p><b>9</b> <i>Entrée:</i> HH Plus Macaroni and Cheese <i>Fruit:</i> Sweet Pear Milk Choice Salad Bar**</p>	<p><b>10</b> <i>Entrée:</i> Beef Stew with Whole Grain Breadstick <i>Fruit:</i> Yellow Banana Milk Choice Salad Bar**</p>	<p><b>11</b> <i>Entrée:</i> Fajita Chicken with Fiesta Beans and Brown Rice <i>Fruit:</i> Peachy Peach Cup Milk Choice Salad Bar**</p>
<p><b>14</b> <i>Entrée:</i> Mom's Favorite Roasted Chicken with WG Breadstick <i>Fruit:</i> Sweet Pear Milk Choice Salad Bar**</p>	<p><b>15</b> <i>Entrée:</i> Cheesy Fish Taco on Whole Grain Loco Bread <i>Fruit:</i> Peachy Peach Cup Milk Choice Salad Bar**</p>	<p><b>16</b> <i>Entrée:</i> N'Awlins Chicken with Brown Rice <i>Fruit:</i> Yellow Banana Milk Choice Salad Bar**</p>	<p><b>17</b> <i>Entrée:</i> Meatball Whole Grain Pasta Marinara <i>Fruit:</i> Juicy Orange Milk Choice Salad Bar**</p>	<p><b>18</b> <i>Entrée:</i> Turkey Pot Pie with Whole Grain Breadstick <i>Fruit:</i> Crunchy Apple Milk Choice Salad Bar**</p>
<p><b>21</b> <i>Entrée:</i> Whole Grain Meatball Sub <i>Fruit:</i> Juicy Orange Milk Choice Salad Bar**</p>	<p><b>22</b> <i>Entrée:</i> Roasted Chicken with Whole Grain Breadstick <i>Fruit:</i> Crunchy Apple Milk Choice Salad Bar**</p>	<p><b>23</b> <i>Entrée:</i> Beef Teriyaki Stir Fry with Brown Rice <i>Fruit:</i> Yellow Banana Milk Choice Salad Bar**</p>	<p><b>24</b> <i>Entrée:</i> Savory Corn Tortilla Enchilada Bake <i>Fruit:</i> Peachy Peach Cup Milk Choice Salad Bar**</p>	<p><b>25</b> <i>Entrée:</i> HH Plus Macaroni and Cheese <i>Fruit:</i> Sweet Pear Milk Choice Salad Bar**</p>
<p><b>28</b> <i>NO SCHOOL</i> <i>Memorial Day</i></p>	<p><b>29</b> <i>Entrée:</i> Whole Grain Cheese Pizza <i>Fruit:</i> Crunchy Apple Milk Choice Salad Bar**</p>	<p><b>30</b> <i>Entrée:</i> Grilled Chicken Sandwich <i>Fruit:</i> Yellow Banana Milk Choice Salad Bar**</p>	<p><b>31</b> <i>Entrée:</i> Chicken Pasta Marinara <i>Fruit:</i> Juicy Orange Milk Choice Salad Bar**</p>	<p>**The school salad bars consist of fresh veggies every day! Students can choose from chopped romaine, tomatoes, chickpeas, cucumber slices, carrots, broccoli, and other rotating vegetables.</p>



Every day the NH Food Service Department offers students lunch containing skim/1% white milk, salad bar\*\*, fruit, meat/meat alternative, and a bread/grain item (the grain/meat are sometimes offered in combination). Students may decline **up to two** of the items offered but are encouraged to take all five.

**Did you know...** May is *National Fitness and Sports Month*? Being fit by staying active and eating healthy can prevent many diseases. Ways you can stay active include playing with friends at recess, biking, running, and joining a sports team. A healthy diet can help you have enough energy to be active. Choosing school breakfast and school lunch with several veggies from the salad bar is a great start.



\*Menu subject to change without notice based on product availability\*

\*Menu Updated: 4/24/2012 3:50 PM