



Mount Clemens Jr & High School May 2010 Lunch Menu

	Monday 5/3/10	Tuesday 5/4*10	Wednesday 05/05/10	Thursday 05/06/10	Friday 05/07/10
	Balanced Choice Turkey Hot Dog on a Bun Oven Baked fries Seasoned green Beans Chilled Applesauce	Salisbury Steak w/Gravy Mashed Potatoes Toss Salad w/Ranch Chilled Peaches	Jr Chef Salad w/ Ham & Cheese and Ranch Dressing Garlic Toast Fruit Crisp	Baked Chicken Red Skin Potatoes Mixed Vegetables Dinner Roll	Teriyaki Meatballs Rice Vegetables Fresh Baked Roll
	Taco Pie Breadstick Mixed Vegetables Warm Baked Apple Slices Low Fat Milk	Beef Hard Tacos Fresh Orange	Chicken Enchiladas Italian Breadstick Steamed Corn Fresh Pear Low Fat Milk	Beef Taco Salad	Chicken & Bean Burrito
	Sausage & Green Choice per Pizza on Whole Wheat Crust 	Stuffed Crust Pizza Toss Salad Cup	Home-style Cheese bread Carrot Sticks with Ranch	Meat Lovers Pizza Celery Sticks with Ranch	Chicken Brushetta Pizza Tossed Salad Fresh Pear
	Triple Decker Turkey Club Sandwich on Whole Wheat 	Triple Decker Turkey Club Sandwich on Whole Wheat Fresh Pear	Turkey BLT Wrap Banana	Chicken Salad Wrap Vegetable Pasta Salad Chilled Applesauce Low Fat Milk	Spicy Chicken Finger Wrap Apple Sauce Cup
	Chicken Stripes w/ Red Skin Potatoes	Philly Steak and Cheese 	Wing Dings Carrot Sticks	Spicy Chicken Tenders Celery sticks	Popcorn Shrimp Tilapia Fish Sandwich on a Whole Wheat Bun (Sustainable Seafood) Mashed Potatoes Fresh Iceberg Lettuce & Tomato
	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad
	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits



Menu item is made w/ whole grain



Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)



*Menu item is offered with the complete daily Balanced Choices® Meal



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	Monday 05/10/10	Tuesday 05/11/10	Wednesday 05/12/10	Thursday 05/13/10	Friday 05/14/10
	Breaded Popcorn Chicken Mashed Potatoes Seasoned Collards Seasoned Mixed Veggies Homemade Biscuit Chicken Gravy Fresh Shredded Carrot	Roasted Turkey w/ Gravy Mashed Potatoes Golden Corn Home Made Combread Muffins Choice of Milk	Bratwurst on a Whole Wheat Bun with Onions and Peppers BBQ Beans Apple Sauce Cup	Carolyn's Fried Chicken with Mac and Cheese Green Beans Fresh Baked Combread	Honey Dijon Chicken Breast Dinner Roll Creamy Scalloped Potatoes Mixed Vegetables
 <p>Beef and Cheese nachos With Lettuce and tomato</p>	 <p>Chicken Fajita Fiesta Rice Salsa Seasoned Corn Orange Low Fat Milk</p>	<p>Spicy Turkey Taco Meat Cilantro Lime laBrown Rice Whole Grain Corn Tortilla Shell Rounds Southwest Beans Mexican Corn Cinnamon Breadstick Spicy Salsa Shredded Cheddar</p>	Beef and Cheese Tacos Fruited Jello Lettuce and tomato	Beef & Cheese Enchiladas	 <p>Chicken & Cheese Quesadilla Fiesta Rice Mexican Corn Low Fat Milk</p>
 <p>Fresh Homemade Plain and Pepperoni Pizza</p>	<p>Triple Decker Bean Tostados w/ Salsa Tossed Salad w/ Light Dressing</p>	Cheese Stuffed Pizza Fresh Apples	Meat lover's Pizza Fresh Pears	Hawaiian Pizza on Whole Wheat Crust 	Supreme Pizza Fresh Apples
	Ham & Cheese Hoagie Diced Pear Cup	Turkey & Cheese Wrap Toss Salad	Spicy Chicken Finger Wrap Apple Sauce Cup	 <p>Turkey Club Bagel Vegetable Pasta Salad Chilled Applesauce Low Fat Milk</p>	Italian Submarine Mandarin orange Cup
 <p>Cheeseburger Spicy Chicken Patty Sandwich Hamburger Chicken Nuggets</p>	Baked Spicy Chicken Tenders Celery with Ranch	Chicken Rings	 <p>Chicken Ranchero Wrap Seasoned Corn Fresh Apple Low Fat Milk</p>	Chicken Fritters Boston Baked Beans	Baked Fish
 <p>Open Salad bar Daily</p>	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad
 <p>Fresh Food Fast- Packaged for Grab N' Go</p>	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits



Mount Clemens Jr & High School May 2010 Lunch Menu

	Monday 05/17/10	Tuesday 05/18/10	Wednesday 05/19/10	Thursday 05/20/10	Friday 05/21/10
	Scrambled Eggs, Crumbled Sausage Home-style Grits Herb Roasted Potatoes w/ Shredded Carrot Fresh Orange Wedges Fruit Crisp Whole Wheat Pancake Warm Syrup Shredded Cheddar k	 Chicken Fajita w/ Salsa Seasoned Corn Fresh Apple Low Fat Milk	Pasta w/Italian Meat Sauce Seasoned Green Beans Chilled Peaches	 Oven Baked Barbecued Chicken Cheesy Macaroni Fresh Baked Biscuit Seasoned Broccoli Fresh Apple Low Fat Milk	 Roast Turkey w/Gravy Cranberry Sauce Sweet Potatoes Peas & Carrots Dinner Roll Apple Honey Cobbler Low Fat Milk
 Beef and Cheese nachos With Lettuce and tomato	Beef & Cheese Burrito Spanish Rice	Beef Hard Tacos Diced Pears	 Chicken Enchiladas Italian Breadstick Steamed Corn Fresh Pear Low Fat Milk	Beef Taco Salad Diced Peaches	Beef & Bean Chili Fiesta Rice Golden Corn Shredded Lettuce & Diced Tomato Flour Tortilla Salsa Shredded Cheddar
 Fresh Homemade Plain and Pepperoni Pizza	Home-Style Cheese Bread	Supreme Pizza Carrot Sticks	Chicken Tostado Flatbread* Pinto or Kidney Bean Salad*	Chicken Parmesan Pocket Celery Sticks	Double Cheese Stromboli w/Ham & Pepperoni Caesar Romaine Side Salad w/ Croutons
	Southwest Roast Beef Wrap w/ Vegetable Pasta Salad	Italian Sub Apple Sauce Cup	BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing*	 Chicken Salad Wrap Vegetable Pasta Salad Chilled Applesauce Low Fat Milk	 Buffalo Chicken Wrap Seasoned Corn Fresh Orange Low Fat Milk
 Hamburger Spicy Chicken Patty Sandwich Chicken Nuggets	Philly Steak and Cheese	Patty Melt	Baked Chicken Wing Dings Blue Cheese Celery Sticks	Baked Spicy Chicken Tenders	Baked Popcorn Shrimp Baked Fish and Chips
 Open Salad bar Daily Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad
 Fresh Food Fast- Packaged for Grab N' Go	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits



Mount Clemens Jr & High School May 2010 Lunch Menu

	Monday 05/24	Tuesday 05/25/10	Wednesday 05/26/10	Thursday 05/27/10	Friday 05/28/10
	Meat Loaf* Macaroni w/ Cheese Sauce Mashed Potatoes* Seasoned Mixed Veggies* Dinner Roll* Brown Gravy Green Parsley Flakes	 Roast Turkey w/Gravy Sweet Potatoes Peas & Carrots Dinner Roll Apple Honey Cobbler Low Fat Milk	Spicy Taco Meat Rice & Beans Crunchy Spinach Salad Warm Baked Apple Slices Cinnamon Breadstick Homemade Creamy Cilantro Lime Dressing Fresh Homemade Salsa	Breaded Popcorn Chicken Oriental Fried Rice Steamed White Rice Fresh Carrots & Onions Steamed Broccoli Cuts Crunchy Chow Mein Noodles Sweet N Sour Sauce Fresh Chopped Green Onion	Baked Chicken Red Skin Potatoes California Blend Vegetables
	 Taco Pie Breadstick Mixed Vegetables Warm Baked Apple Slices Low Fat Milk	Beef Hard Tacos Fresh Apple	 Chicken Enchiladas Italian Breadstick Steamed Corn Fresh Pear Low Fat Milk	Beef Taco Salad Fresh pear	Chicken & Bean Burrito
 Fresh Homemade Plain and Pepperoni Pizza	Sausage & Green Pepper Pizza on Whole Wheat Crust 	Supreme Pizza Carrot Sticks	 Chicken Brushetta Pizza Topped w/ Fresh Locally Grown Tomatoes* Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce Marinated Tomato & Cucumber Salad Made w/ Locally Grown Cucumbers & Tomatoes	Chicken Parmesan Pocket Celery Sticks	Double Cheese Stromboli w/Ham & Pepperoni
	Triple Decker Turkey Club Sandwich on Whole Wheat 	Italian Sub Vegetable Pasta Salad	Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing & Toasted Flatbreads	 Chicken Salad Wrap Vegetable Pasta Salad Chilled Applesauce Low Fat Milk	 Buffalo Chicken Wrap Seasoned Corn Fresh Orange Low Fat Milk
 Hamburger Spicy Chicken Patty Sandwich Chicken Nuggets	Bacon Cheeseburger Sweet Potato Sticks	Popcorn Chicken Breaded Popcorn Chicken w/ Toasted Garlic Bun Mashed Potatoes Fresh Iceberg Lettuce & Tomato	Wing Dings Mini Corn On The Cob	Spicy Chicken Tenders Baked Potato	Popcorn Shrimp Fish and Chips
	Asian Sesame Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Asian Sesame Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Asian Sesame Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Asian Sesame Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Asian Sesame Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad
 Fresh Food Fast- Packaged for Grab N' Go	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits