

PROCTOR JUNIOR SENIOR HIGH SCHOOL

MAY LUNCH MENU 2017



Monday

Tuesday

Wednesday

Thursday

Friday

1

Oven-Fried Chicken
Smashed Potatoes
Steamed Corn
Wheat Dinner Roll

2

Scramblers!
Build your own Breakfast Wrap or Plate! With a Variety of Breakfast Meats and Sides!

3

Cheesy Breadstick Dunkers
Meaty Marinara Sauce
Caesar Salad

4

BBQ Pulled Pork Sandwich
Sweet Potato Smash
Coleslaw

5

Hala Penos!
Build your own Fajita, Taco, Taco Salad or Nachos!

8

Brunch For Lunch!
Whole Wheat Pancakes
Potato Bites
Sausage Patties

9

Wingin' it...
A variety of Chicken Fingers & Sauces. Served with Roasted Potatoes & more.

10

Cheesy Chicken Quesadilla
Spanish Rice
Black Bean Salad
Salsa & Sour Cream

11

Open-Face Hot Hamburger
Sandwich w/Gravy
Garlic Mashed Potato
Peas & Carrots

12

Hala Penos!
Build your own Fajita, Taco, Taco Salad or Nachos!

15

Grilled Cheese Sandwich
Homemade Soup
Cinnamon Apples

16

Fahrenheit 160!
Build your own Burger! Served with a Variety of Sides and Toppings

17

Melty, Meaty Goulash
Garlic Bread Sticks
Candied Carrots

18

Sweet & Sour!
Grilled or Crispy Chicken Bites
Oriental Vegetables
Oven-Fried Rice

19

Hala Penos!
Build your own Fajita, Taco, Taco Salad or Nachos!

22

Brunch for Lunch!
French Toast Sticks
Sausage Links
Crispy Homefries
Sliced Melon

23

Smoke-House BBQ!
Build your own BBQ Pork or Chicken Sandwich or Wrap.

24

Home-Style Melty Macaroni & Cheese
Broccoli Salad

25

Shepherd's Pie
Wheat Dinner Roll
Harvest of the Month!
Mixed Greens!
Birthday Cake
Celebration

26

Hala Penos!
Build your own Fajita, Taco, Taco Salad or Nachos!

29

30

Via Piada!
Build your own Pasta Dish! Served with a Variety of Pastas, Sauces, Sides, and Toppings

31

Fix-a-Fajita!
Choice of Pork or Chicken with a Variety of Fajita Fillers
Spanish Rice

HARVEST OF THE MONTH
VERMONT

A Taste of Vermont!
May 25th
Join us in the cafeteria and grab a sample of some locally harvested Mixed Greens!

JALAPENOS

Every Friday, Build your own Fajita, Taco, Taco Salad or Nachos with a Variety of fun items including Jalapenos.

LUNCH PRICES
Paid: \$2.55
Adult: \$3.50

THE SIZZLER

Our Sizzler Station provides a variety of kid favorite options such as: Chicken Nuggets, Ham-Burgers, Cheese Burgers, Chicken Fingers, Fish-Wichs, & More. Served with our hand-cut fries.

GREENS-N-FRIES

Our Greens-N-Fries bar is available daily! Round out your lunch entrée by filling up on an assortment of fresh cut fruits, vegetables, legumes, Specialty Salads, & More!

LITTLE ITALY

Little Italy, is our daily selection of Cheese, Pepperoni, or Specialty Pizzas. All of our whole wheat Pizza Crust is made fresh daily.

SANDWICH SHOP

A Variety of Freshly prepared Subs, Sandwiches, & Wraps: Including Turkey, Ham, and Sandwich Salads

Yogurt Meals: Prepacked Grab'N'Go Option. Includes Yogurt, Granola Bar, String Cheese, & Salad Bar!

Questions or Concerns? Visit us at pjh.edudine.com or Contact Kathy Sutphin at the Proctor High School Cafeteria 459-3353.

