

Menus Ma 2019

Schalmont High

This institution is an equal opportunity provider.

Available Daily

Have it made your way!!

Choose your wrap (Plain, Whole Wheat, Garlic, Tomato or Jalapeno Cheddar)

Meats available: Ham, Turkey, Salami, Roast Beef, Pepperoni, Tuna or Chicken Salad, BBQ or Buffalo Chicken

Cheese: American, Provolone & Shredded Cheddar

Toppings: Shredded Lettuce, Chopped Romaine, Tomato, Pickles, Olives, Cucumbers, Green Peppers, Onions and Much More!!

Pizza, Cheeseburger, Chicken Patty, Buffalo Chicken Patty and French Fries

A variety of Fresh and Canned Fruits
Fat Free Chocolate Milk, 1% Milk, Skim Milk and Fat Free Strawberry Milk
Apple, Orange or Grape Juice

Featured Specials of

Wednesday, May 1

Personal Pan Pizza
Fresh Garden Salad w/Homemade Italian Dressing

Thursday, May 2

Buffalo Chicken Sandwich w/Lettuce & Tomato or Fish Sandwich w/Homemade Tarter Sauce
Fresh Broccoli w/LF Ranch & Steamed Carrots

Friday, May 3

2-Taco's w/Lettuce, Cheese, Salsa, Sour Cream & Jalapenos
Fresh Veggies w/LF Ranch & Refried Beans w/ Cheese

Monday, May 6

Popcorn Chicken w/BBQ Sauce or Cheese Quesadilla w/Salsa & Sour Cream
Fresh Carrots w/LF Ranch & Corn

Tuesday, May 7

French Toast Sticks w/Sausage & Syrup
Cucumber Slices w/LF Ranch & Tater Tots

Wednesday, May 8

Pizza & Wing Day!!!
Fresh Garden Salad w/Homemade Italian Dressing

Thursday, May 9

Chicken Parm Dinner w/Ziti, Green Beans & Garlic Bread Stick
Toss Salad

Friday, May 10

Philly Steak Sandwich w/Peppers, Onions & Cheese or Bacon Cheeseburger w/Lettuce, Tomato, Onions & Pickles
Fresh Veggies w/LF Ranch & Steamed Broccoli

SAFETY FIRST.



Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" – and not under a tree!

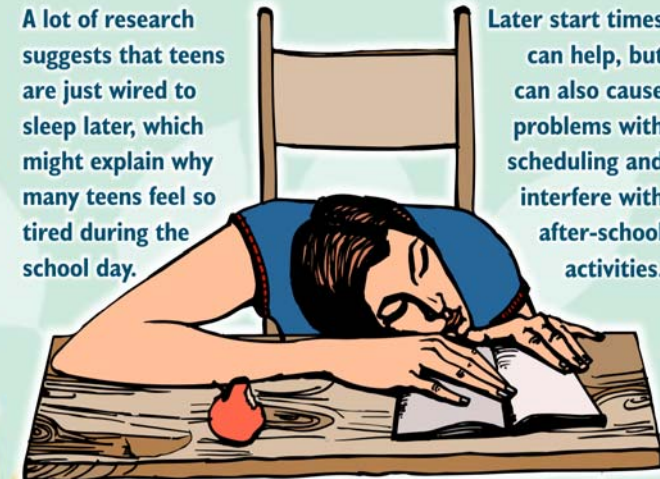
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Mother's Day is Sunday, May 12
Don't forget Mom!



A lot of research suggests that teens are just wired to sleep later, which might explain why many teens feel so tired during the school day.

Later start times can help, but can also cause problems with scheduling and interfere with after-school activities.



8-10 BY THE NUMBERS
THE AMERICAN ACADEMY OF PEDIATRICS SAYS TEENS NEED 8-10 HOURS OF SLEEP PER NIGHT.

Featured Specials of

Monday, May 13

Chicken Nuggets w/BBQ Sauce or
Fish Sandwich w/Homemade Tarter Sauce
Fresh Carrots w/LF Ranch & Corn

Tuesday, May 14

Bosco Sticks w/Marinara Sauce
Cucumber Slices w/LF Ranch & Garlic Green
Beans

Wednesday, May 15

Pizza w/Assorted Toppings
Fresh Garden Salad w/Homemade Italian
Dressing

Thursday, May 16

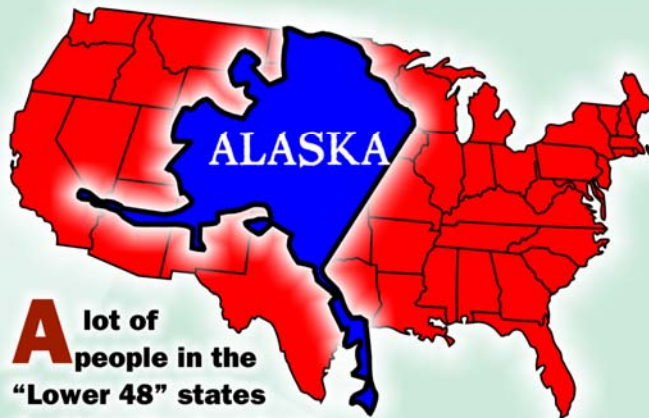
Meatball Sub w/Cheese or
Cowboy Burger w/Sauteed Onions, BBQ Sauce &
Cheese

Fresh Broccoli w/LF Ranch & Onion Rings

Friday, May 17

French Fry Boat w/Meat & Cheese
2-Hot Dogs w/Meat Sauce, Cheese & Onions
Fresh Veggies w/LF Ranch & French Fries

Please see the other page
for items available daily



A lot of people in the "Lower 48" states don't realize just how gigantic the state of Alaska is! The next three biggest states combined - Texas, California, and Montana - don't equal the size of Alaska. And if you could put Alaska inside the Lower 48 states, this is about what it would look like. The smallest state, Rhode Island, could fit into Alaska 425 times!

Featured Specials of

Monday, May 20

Chicken Tenders w/BBQ Sauce
Fresh Carrots w/LF Ranch & Corn

Tuesday, May 21

Mozzarella Sticks w/Marinara Sauce or
Cheeseburger w/Lettuce, Tomato, Onions &
Pickles
Cucumber Slices w/LF Ranch & Steamed
Broccoli

Wednesday, May 22

French Bread Pizza
Fresh Garden Salad w/Homemade Italian
Dressing

Thursday, May 23

Fiesta Chicken Bowl w/Black Beans, Corn,
Lettuce, Tomato, Sour Cream, Salsa, Jalapenos,
Refried Beans & Cilantro Rice

Friday, May 24

No School Today

Monday, May 27

MEMORIAL DAY ❖ **NO SCHOOL TODAY**

Tuesday, May 28

Popcorn Chicken w/BBQ Sauce
Fresh Carrots w/LF Ranch & Corn

Wednesday, May 29

Personal Pan Pizza w/Assorted Toppings
Fresh Garden Salad w/Homemade Italian
Dressing

Thursday, May 30

French Toast Sticks w/Sausage & Syrup
Fresh Broccoli w/LF Ranch & Tater Tots

Friday, May 31

Make your own Burrito Day!!!
Beef or Chicken, Lettuce, Tomato, Refried Beans,

eat fit

wanna stay fit?
gotta eat right!

item:
Chinese
carry-out

verdict:
consider
your sauces



tip: Although the nutritional content of Chinese food varies greatly, you can make it healthier. Look for dishes that feature vegetables instead of meat or noodles. Ask for extra broccoli, snow peas or other veggies. Avoid deep-fried stuff. Ask for brown rice instead of white. And get the sauce on the side or leave some of the sauce in the carton.

