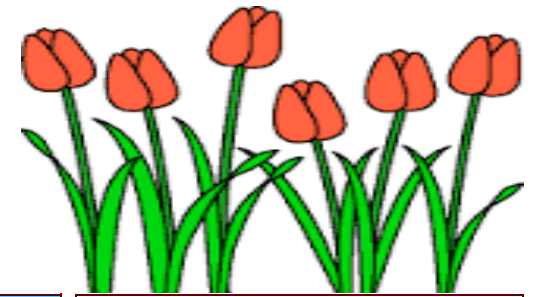


MAY 2017

MONROE-WOODBURY SENIOR HIGH SCHOOL BREAKFAST AND LUNCH MENU



M O N D A Y	T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	F R I D A Y
<p style="text-align: center;">1</p> <p style="text-align: center;">BREAKFAST</p> <p>Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Asian Chicken Rice & Broccoli Tossed Salad Mandarin Oranges Cold Milk Choices</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">BREAKFAST</p> <p>Egg & Cheese on a Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Crusader Burger with Lettuce & Tomatoes Seasoned Wedges Tossed Salad Box of Raisins Cold Milk Choices</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">BREAKFAST</p> <p>Breakfast Bun Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>BBQ or Breaded Chicken Pasta Salad Chick Pea Salad Tossed Salad Melon Slices Cold Milk Choices</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">BREAKFAST</p> <p>Sausage & Egg on English Muffin Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Breakfast for Lunch! French Toast Sticks Canadian Style Bacon Sweet Potato Wedges 100% Fruit Juice Applesauce Cup Cold Milk Choices</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">BREAKFAST</p> <p>Fruit and Yogurt Parfait Corn Bread Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Cheese Stuffed Shells Garlic Bread Cucumber Salad Tossed Salad Diced Peaches Cold Milk Choices</p>
<p style="text-align: center;">8</p> <p style="text-align: center;">BREAKFAST</p> <p>Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Plain or Spicy Chicken Wraps with Lettuce, Tomato & Cheese Seasoned Waffle Fries Tossed Salad Diced Pears Cold Milk Choices</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">BREAKFAST</p> <p>Mini Pancakes Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Spaghetti & Meatballs or Meatball Parmigiana Hero Steamed Spinach Tossed Salad Orange Smiles Cold Milk Choices</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">BREAKFAST</p> <p>Cinnamon Bun Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Taco* Boat Nachos, Lettuce & Tomatoes Spanish Rice Corn Niblets Salsa Tropical Fruit Salad Cold Milk Choices</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">BREAKFAST</p> <p>Canadian Bacon & Egg on a Whole Grain English Muffin Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Chicken Fajita Wraps with Peppers & Onions Rice Tossed Salad Black Bean & Corn Salad Mixed Fruit Cold Milk Choices</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">BREAKFAST</p> <p>Fruit and Yogurt Parfait Granola Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Mozzarella Sticks with Sauce Breadsticks Chickpea Salad Tossed Salad Chilled Pineapple Cold Milk Choices</p>

AVAILABLE DAILY

Breakfast

Cold Cereal Choices, Chilled Juice or Cold Milk Choices, Fresh Fruit, Assorted Fruited 4 oz. Yogurt, Bagel Alternate

Breakfast consists of 8 oz. fluid milk, fresh or canned fruit, vegetable or juice, grain or alternate, meat or alternate or both.

Lunch

Fresh Fruit & Salad Bar, Pizza, Baby Carrots, All Beef Hamburgers, Deli or Salad Bar

All meals consist of 8 oz. low-fat or skim milk, one cup salad, vegetable and/or fresh or canned fruits & whole grain bread, whole grain rice and pasta.

Enjoy our Specialty Food Bar!

Monday: Breakfast for Lunch!
Tuesday: Wrap it Up!
Wednesday: Burger Bar!
Thursday: Breakfast for Lunch!
Friday: Chicken Favorites!

USDA is an equal opportunity provider and employer.
 Menus are subject to change.
 *May contain pork.

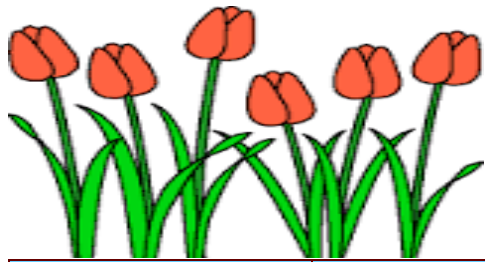
DAILY HIGH SCHOOL STUDENT MEAL PRICES:

BREAKFAST: \$ 2.00
LUNCH: \$ 3.00

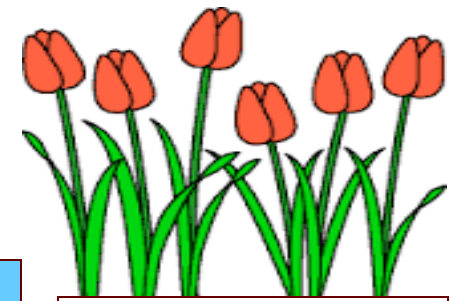
TO PAY BY CHECK: PLEASE ISSUE TO M-W FOOD SERVICES.

TO PAY BY CREDIT CARD: USE WWW.PAYPAMS.COM

To view your child's account history and set up low cash notifications, please set up a **free** PAYPAMS account at **www.paypams.com** or download the app for your cell phone.



MAY 2017 MONROE-WOODBURY SENIOR HIGH SCHOOL BREAKFAST AND LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">15 BREAKFAST Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Chicken Nuggets Mashed Potatoes Glazed Carrots Dinner Roll Tossed Salad Diced Peaches Cold Milk Choices</p>	<p style="text-align: center;">16 BREAKFAST Mini Waffles Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Baked Ziti Garlic Bread Cucumber Salad Tossed Salad Seedless Grapes Cold Milk Choices</p>	<p style="text-align: center;">17 BREAKFAST Whole Grain Pastry Ring Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Pancakes Breakfast Sausage* Tater Tots 100% Fruit Juice Strawberry Cup Cold Milk Choices</p>	<p style="text-align: center;">18 BREAKFAST Ham, Egg & Cheese on a Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Chicken Club BLT Roasted Broccoli Roasted Red Potatoes Tossed Salad Diced Pears Cold Milk Choices</p>	<p style="text-align: center;">19 BREAKFAST Fruit and Yogurt Parfait Graham Crackers Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Pulled Pork on a Roll or All Beef Hot Dog Vegetarian Beans Coleslaw Tossed Salad Mandarin Oranges Cold Milk Choices</p>
<p style="text-align: center;">22 BREAKFAST Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Plain or Spicy Chicken Strips Seasoned Waffle Fries Sautéed String Beans Tossed Salad Sherbet Cup Cold Milk Choices</p>	<p style="text-align: center;">23 BREAKFAST Egg & Cheese on a Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Grilled Ham & Cheese on a Bagel Potato Smiles Tossed Salad Sliced Pears Chilled Milk Choices</p>	<p style="text-align: center;">24 BREAKFAST Mini Pancakes Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Cheese Lasagna Breadstick Caesar Salad Steamed Squash Chilled Pineapple Cold Milk Choices</p>	<p style="text-align: center;">25 BREAKFAST Breakfast Bun Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH French Bread Pizza Tossed Salad Chickpea Salad Tossed Salad Frozen Fruit Juice Bar Cold Milk Choices</p>	<div style="border: 2px solid red; border-radius: 15px; padding: 10px; background-color: #800000; color: white; font-weight: bold; font-size: 1.2em; text-align: center;"> <p>SCHOOL CLOSED TODAY</p> </div>
<p style="font-size: 1.5em; font-weight: bold;">29</p> <div style="text-align: center;"> </div>	<p style="text-align: center;">30 BREAKFAST Bagels or Rolls Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Popcorn Chicken Bowl with Dinner Roll Mashed Potatoes Yellow Corn Niblets Tossed Salad Applesauce Cold Milk Choices</p>	<p style="text-align: center;">31 BREAKFAST Mini Waffles Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH French Toast Sticks Canadian Bacon Potato Hashbrown 100% Fruit Juice Peach Cup Cold Milk Choices</p>	<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <p style="text-align: center;"><i>Get in touch with us today to learn more about free and reduced price meals in our district! (845) 460-6110 or foodforthought@mw.k12.ny.us</i></p> </div>	
<div style="border: 1px solid black; padding: 2px; display: inline-block;"> FOOD SERVICE APPRECIATION </div>				

Questions about your child's account?
Please call your child's cafeteria at (845) 460-6200
HS: x7041
MS: x6441
PT: x6941
NM: x6841
CV: x6741
SC: x6341
SE: x6541

Don't Forget! Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete meal!

LOOKING FOR WORK WHILE YOUR CHILD IS IN SCHOOL?
Substitute Food Service Positions are Available!
Please contact Food Services at (845) 460-6110

Please view
www.mw.k12.ny.us to view the Food Service Link

Thank you for dining with Monroe-Woodbury Food Services!!