

## Nurses Middle College Charter High School May - Nurses Middle Lunch

WG Chicken Nuggets WG Soft Pretzel Steamed Broccoli Baby Carrots

Assorted Fruit

- 6 Turkey Taco (Turkey Taco Meat & Shredded Cheddar Cheese on 10" Tortilla) Black Beans Red Pepper Strips Assorted Fruit
- Oven Roasted Chicken Drumstick WG Biscuit Mashed Potatoes Celery Sticks Assorted Fruit
- hili Cheese Fries (Beef Chili and Cheddar Cheese over Oven Baked Fries) WG Dinner Roll WG Crackers Cucumber Coins Assorted Fruit

WG Cheesy Penne

w/ WG Scooby

Crackers

Cucumber Coins

Romaine Salad

Assorted Fruit

Cheesy Beefy

Mac n Cheese

WG Cheez-its

Broccoli Bites

Cucumber Coins

Assorted Fruit

WG Cheese Pizza Romaine Salad Broccoli Bites Assorted Fruit

WG Cheesy

Breadsticks w/

Marinara Dipping

Sauce

Steamed Green Beans

Romaine Salad

Assorted Fruit

- 12 Sweet & Sour Popcorn Chicken WG Rice WG Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruit
- 13 Turkey Hot Dog on WG Bun Veggie Beans Red Pepper Strips Assorted Fruit
- <sup>1</sup>Brunch for Lunch WG French Toast Sticks Chicken Sausage Pattv Smile Fries Celery Sticks Assorted Fruit 21
  - Beef Nachos (Beef Taco Meat & Shredded Cheddar Cheese over Tortilla Bun Chips) WG Cheez-its Red Pepper Strips Assorted Fruit

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16 WG Cheesy Breadsticks w/ Marinara Dipping Sauce Steamed Green Beans Broccoli Bites Assorted Fruit

- WG Chicken Tenders WG Rice WG Dinner Roll Steamed Peas Baby Carrots Assorted Fruit
- Hamburger, Cheeseburger, or Veggie Burger Oven Baked Fries Romaine Salad Assorted Fruit
- Chicken Patty Sandwich on WG Buttered Corn Chickpea Salad Assorted Fruit

WG Cheese Pizza **Cucumber Coins** Broccoli Bites Assorted Fruit

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Memorial Day No School

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- PB&J Boat (Uncrustables PB&J. String Cheese, and WG Crackers) Broccoli Bites Baby Carrots Assorted Fruit
- Turkey and Cheese Sandwich Baby Carrots Assorted Fruit
- Chicken and Cheese Quesadilla Pinto Beans Baby Carrots Assorted Fruit
- WG Cheesy Breadsticks w/ Marinara Dipping Sauce Steamed Carrots Romaine Salad Assorted Fruit

Alternate Menu: PB&J Boat (Uncrustable PB&J, String Cheese, and WG Crackers)

Fresh Carrots and choice of 8oz. Fat Free Chocolate and 1% Milk available daily.

All menus subject to change, with or without notice.

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