

May High School Menu

Health-e Pro 

MON

TUE

WED

THU

FRI



HARVEST OF THE MONTH: SEAFOOD

1 Harvest of the Month
Coconut Crusted
Fish Taco
Tater Tots,
Coleslaw, &
Sriracha Mayo

2 Pasta with
Choice of Meat
or Marinara,
Mozzarella
Breadstick, & Local
Veggies

3 Walden Cheeseburger
or Veggie Burger
Lettuce, Onion,
Tomato
Oven Baked Fries


6 Chicken & Waffles
with Sweet Potato
Fries

7 Pesto Tortellini with a
Garlic Breadstick and
Roasted Zucchini &
Summer Squash

8 General Tso's Chicken
over Brown Rice with
Roasted Broccoli

9 Totchos with
Ground Beef, Beans,
Salsa, Sour Cream,
Guacamole
Corn & Bean
Salad

10 Chicken Parmesan
with Pasta, Garlic
Breadstick, and
Roasted Local Veggies

13 Chef Special


14 Popcorn Chicken
Bowl with Mashed
Potatoes, Corn, and
Gravy

15 Revolution Bowl
Chicken, Beans,
Brown Rice, Lettuce,
Salsa, Sour Cream,
Guacamole

16 National BBQ Day
Chicken Wing Bar
with Choice of
Dipping Sauce, Oven
Baked Fries, and Corn

17 Chicken Dumplings
over Fried Rice and
Stir Fried Veggies
Fortune Cookie

20 Scrambled Egg Bowl
with Roasted
Potatoes,
Orange Juice

21 Sweet N Sour
Chicken over Brown
Rice and Cauliflower

22 Gyro on Pita Bread
with Choice of
Chicken or Chickpeas,
Tomato, Onion, and
Cucumber, Tzatziki
Sauce & Tater Tots

23 Spaghetti with Choice
of Harvest of the
Month Seaweedish
Meatballs and
Roasted Veggies

24 Walden Cheeseburger
or Veggie Burger
Lettuce, Onion,
Tomato
Oven Baked Fries

27 No School


28 Mac and Cheese with
Choice of BBQ Pulled
Pork, Breadstick, and
Roasted Veggies

29 Teriyaki Chicken over
Brown Rice and
Roasted Broccoli

30 Steak and Cheese
Subs with Baked Tater
Tots

31 Pasta with
Choice of Meat
or Marinara,
Mozzarella
Breadstick, & Local
Veggies

ANNOUNCEMENTS

Each student also may choose from our daily lunch options which include Boar's Head Deli sandwiches, Peanut Butter and Jelly, Power Packs, Salads, Smoothies, Acai Bowls, and Pizza.

Menus are subject to change based on product availability.

Please contact us at lunchonline@abschools.org with any questions or comments.

MEAL PRICES

All students receive daily 1 breakfast and 1 lunch at no charge.

Additional breakfast and lunch meals and a la carte items are available for purchase at each school. Visit our website for more information.

Prepay for meals online at www.schoolcafe.com/abrsd or pay by cash/check (AB Food Services) at school