

High School Menus May 2023

Shelby County Public Schools



- Fresh Orange (22g)
- Fresh Apple (25g)
- Fresh Apple Slices(7g)
- Fresh Banana (27g)
- Fresh Grapes (22g)
- Fresh Strawberries (10g)
- Fresh Pear (25g)
- Craisins (28g)
- Frozen Strawberry Cup (30g)
- Mandarin Oranges (17g)
- Applesauce (13g)
- Applesauce Cup(13g)
- Peach Slices (16g)
- Diced Peaches (16g)
- Pineapple Tidbits (22g)
- Diced Pears (14g)
- Frozen Peach Cup



- 1% White Milk (13g)
- 1% Dutch Chocolate Milk (30g)
- 1% Chocolate Milk (20g)
- FF Strawberry Milk (19g)

This institution in an equal opportunity provider.

Cycle One Menus Served
May 8-12

Cycle Two Menus Served
May 15-19
No School May 16

Cycle Three Menus Served
May 1-5
May 22-25

Cycle 1 Monday	Cycle 1 Tuesday	Cycle 1 Wednesday	Cycle 1 Thursday	Cycle 1 Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Mini Waffles (35g)	Sausage Biscuit(30g)	Breakfast Pizza (17g)	Chicken Biscuit (35g)	Managers
Cereal Bar30g/Crackers21g	Cereal (2oz) (46g)	Popartarts (2) (76g)	Cereal (2oz) (46g)	Choice
Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	
Fresh Fruit	Fresh Fruit	Applesauce (13g)	Fresh Fruit	
Lunch	Lunch	Lunch	Lunch	Lunch
Pasta w/ Beef Sauce (41g)	Cheeseburger(38g)	Chicken Nuggets (16g)	Hot Dog on bun(31g)	Managers
Breadstick (14g)	Sandwich Wrap Box(65g)	WG Roll (22g)	Chili Sauce (6g) opt.	Choice
Ham & Cheese Box (87g)	Seasoned Fries (30g)	Turkey & Cheese Box(87g)	Chef Salad Box (64g)	
Tossed Salad (7g)	Cooked Carrots (8g)	Mashed Potatoes (15g)	French Fries (21g)	
Broccoli (4g)	Peaches (16g)	Green Beans (3.86g)	Baked Beans (50g)	
Pears (14g)	Fresh Fruit	Applesauce (13g)	Cherry Tom/Celery	
Fresh Fruit		Fresh Fruit	Mand. Oranges/Fresh Fruit	
Cycle 2 Monday	Cycle 2 Tuesday	Cycle 2 Wednesday	Cycle 2 Thursday	Cycle 2 Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cinn. Texas Toast (45g)	Donuts (29g)	Breakfast Pizza(26g)	Egg Muffin Sandwich(22g)	Managers
Cereal Bar30g/Crackers21g	Cereal (2oz) (46g)	Pop tarts (2) (76g)	Cereal (2oz) (46g)	Choice
Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Lunch	Lunch	Lunch	Lunch	Lunch
General Tso's w/Roll(54g)	White Queso Nachos(36g)	Chicken Smackers (16g)	Cheeseburger (38g)	Managers
Pizza Crunchers(41g)	Heesy Chicken & Rice(26g)	WG Roll (24g)	Chef Salad Box (64g)	Choice
Ham & Cheese Box (87g)	Sandwich Wrap Box(65g)	Turkey & Cheese Box(87g)	French Fries (30g)	
Steamed Broccoli (4g)	Spicy Black Beans (40g)	Mashed Potatoes (34g)	Cucumber Tomato Salad(9g)	
Cooked Carrots (8g)	Corn (21g)	Peas (12g)	Peaches (16g)	
Pineapple (15.5g)	Pears (14g)	Baked Apples (28g)	Fresh Fruit	
Fresh Fruit	Fresh Fruit	Fresh Fruit		
Cycle 3 Monday	Cycle 3 Tuesday	Cycle 3 Wednesday	Cycle 3 Thursday	Cycle 3 Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cinnamon Bun (36g)	Sausage Biscuit(30g)	Breakfast Pizza (26g)	Chicken Biscuit (35g)	Breakfast Box (46g)
Cereal Bar30g/Crackers21g	Cereal (2oz) (46g)	Popartarts (2) (76g)	Cereal (2oz) (46g)	Mini Maple Waffles (37g)
Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Lunch	Lunch	Lunch	Lunch	Lunch
Calzone (32g)	BBQ Nachos (30g)	Beef Sliders or Meatloaf	Chicken Patty on Bun (36g)	Pizza (31g)
Grilled Cheese (24g)	Cheese Quesadilla (32g)	Chicken & Waffles (43g)	Chef Salad Box (64g)	Fish & Chips (43g)
Ham & Cheese Box (87g)	Sandwich Wrap Box(65g)	Turkey & Cheese Box(87g)	French Fries (30g)	Hummus Meat Box(64g)
Green Beans (3.86g)	Sweet Potato Puffs(35g)	French Fries/Mashed Pot	Baked Beans (50g)	Waffle Fries (17g)
Carrots (8g)	Corn (21g)	Green Beans	Lettuce & Tomato (2g)	Fresh Veggie Cup
Pears (14g)	Peaches (16g)	Baked Apples (26g)	Applesauce (13g)	Dragon Punch(14g)
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fruit Cup/Fresh Fruit