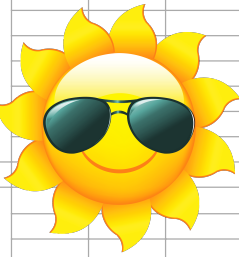


Middle School Menus for May 2023



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



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

Shelby County Public Schools

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 (37g)	Sausage Biscuit(30g)	Breakfast Pizza (17g)	Chicken Biscuit (37g)	Managers
Breakfast Burrito(25g)	Cereal 2oz(46g)	Poptart (1) &	Cereal (2oz)(46g)	Choice
Juice (14-19g)	Juice (14-19g)	Graham Crackers(21g)	Juice (14-19g)	
Peaches (16g)	Fresh Fruit	Juice (14-19g)	Pineapple Tidbits(22g)	
		Applesauce (13g)		
Lunch	Lunch	Lunch	Lunch	Lunch
Pasta w/ Beef Sauce(41g)	Cheeseburger(38g)	Chicken Nuggets(16g)	Hot Dog (31g)	Managers
Breadstick (14g)	Ham & Cheese Sub(29g)	WG Roll (22g)	Mac&Cheese/roll(50g)	Choice
Turkey & Cheese Sub(29g)	French Fries (16g)	Grilled Cheese Sand(16g)	Baked Beans (50g)	
Tossed Salad(6g)	Cooked Carrots(8g)	Mashed Potatoes (34g)	Dragon Punch (13g)	
Broccoli (4g)	Peaches (16g)	Green Beans (3g)	Mandarin Oranges(17g)	
Pears (14g)	Fresh Fruit	Applesauce (13g)	Fresh Fruit	
Fresh Fruit		Fresh Fruit		
Cycle 2 Monday	Cycle 2 Tuesday	Cycle 2 Wednesday	Cycle 2 Thursday	Cycle 2 Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Chicken & Waffle(50g)	Ham,Egg&Cheese Biscuit(30g)	Breakfast Pizza (17g)	Chicken Biscuit (37g)	Managers
Cinn. Texas Toast(45g)	Cereal 2oz(46g)	Poptart (1)(35g) &	Cereal 2oz(46g)	Choice
Juice (14-19g)	Juice (14-19g)	Graham Crackers(21g)	Juice (14-19g)	
Peaches (16g)	Fresh Fruit	Juice (14-19g)	Pineapple Tidbits(22g)	
		Applesauce		
Lunch	Lunch	Lunch	Lunch	Lunch
Pizza Crunchers (41g)	White Queso Nachos(36g)	Chicken Leg (6g)	Cheeseburger (38g)	Managers
Ham & Cheese Sub(29g)	Spicy Chicken & Rice(26g)	Biscuit (25g)	EZ Jammer Bag(42g)	Choice
Green Beans (5g)	Spicy Black Beans(40g)	Turkey & Cheese Sub(29g)	Potato Wedges(17g)	
Fresh Carrots(10g)	Corn (21g)	Mashed Potatoes (34g)	Cooked Carrots(8g)	
Pears (14g)	Pineapple Tidbits(22g)	Peas (12g)	Peaches (16g)	
Fresh Fruit	Fresh Fruit	Baked Apples (28g)	Fresh Fruit	
		Fresh Fruit		
Cycle 3 Monday	Cycle 3 Tuesday	Cycle 3 Wednesday	Cycle 3 Thursday	Cycle 3 Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Breakfast Bowl(45g)	Sausage Biscuit(30g)	Breakfast Pizza (17g)	Chicken Biscuit (37g)	Biscuit & Gravy(30g)
Cinnamon Bun (36g)	French Toast(43g)	Poptart (1)(35g)&	Cereal 2oz(46g)	WG Donut(29g)
Juice (14-19g)	Juice (14-19g)	Graham Crackers(21g)	Juice (14-19g)	Juice (14-19g)
Peaches (16g)	Fresh Fruit	Juice (14-19g)	Pineapple Tidbits(22g)	Fresh Fruit
		Applesauce (13g)		
Lunch	Lunch	Lunch	Lunch	Lunch
Calzone (32g)	BBQ Sandwich(39g)	Beef Sliders or Meatloaf	Chicken Patty on Bun(36g)	Pizza(35g)
Ham & Cheese Sub(29g)	Grilled Cheese (16g)	Chicken Sliders	Turkey & Cheese Sub(29g)	Fish Sandwich(41g)
Green Beans (5g)	French Fries (30g)	French Fries or Mashed Pot	Fresh Carrots(10g)	Fresh Veggies
Cooked Carrots(8g)	Baked Beans (50g)	Green Beans (3g)	Lettuce & Tomato	Corn (21g)
Pears (14g)	Peaches (16g)	Baked Apples (28g)	Dragon Punch(13g)	Fruit Cup
Fresh Fruit	Fresh Fruit	Fresh Fruit	Mandarin Oranges(17g)	Fresh Fruit
			Fresh Fruit	