

ASU Prep Academy High School May Lunch Menu





Entrees

Monday Turkey & Cheese

Sandwich

<u>Tuesday</u> Cobb Salad w/Breadstick

Wednesday Yogurt Fun Lunch

Thursday Chef Salad W/

Turkey Ham, Turkey & Cheddar w/ WG Roll

Friday Turkey Bacon WG Wrap

Milk 1% white and Non-fat chocolate Milk available at all meal stations

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	Last [Day of So May 29	chool	Cheese Quesadilla w/ Salsa &
3-663		IVIAY 29		Pinto Beans
4	5	6	7	8
Turkey Corndog	Three Cheese Lasagna W/Breadstick	Hot Dog	Macho Nachos	Pasta Baked Ziti
Carrots	Green Beans	Corn	Pinto Beans	Peas
11	12	13	14	15
Meatball Sub	Hot Bagel with Turkey Ham and Cheese	Chicken Nuggets W/ Roll	Chicken Cheesy Casserole/Rice	Sloppy Joe
Corn	Peas	Mixed Veggies	Peas and Carrots	Mix Veggies
18	19	20	21	22
Beefy Bean & Cheese Burrito	Orange Popcorn Chicken Bowl w/Rice	Pizza Pasta Baked W/Breadstick	Cheese Crisp W/Salsa	Fish Sticks
Baked Fries	Fresh Stir Fry Veggies Fortune Cookie	Mix Veggies	Com	Peas
25	26	27	28	29
П норру,	Hamburger on a WW Bun	Hot Dog on a WW Bun	Mach Nachos	Cheese Quesadilla w/ Salsa
Day	Twisters	Com	Pinto Beans	Carrots





Classic pepperoni & Sausage Pizza served daily On a whole grain crust

Daily Specials

Monday: Spinach & Ricotta Pizza

Tuesday: Meat Lovers Pizza

Wednesday: Philly Cheese Steak Pizza

Thursday: Bacon Cheeseburger Pizza

Friday: Chicken Alfredo w/Broccoli Pizza

Items made with reduced fat cheese. Roma herb seasoning available daily.

DID YOU KNOW...

Chartwells makes it easier than ever for students to make healthy food and beverage choices at school! Our menus:

- Provide many deeply colored, nutrient dense, and fiber rich fruits and vegetables
- · Provide many whole grain foods, such as brown rice and whole wheat
- Provide lean meats and plant based proteins
- · Reduce unhealthy fats, sodium, and sugar
- Use earth friendly practices

You may qualify for free or reduced price meals. Applications are available at the school's front office. For questions regarding the food service program you can call the food service office at (602) 523-5935