

May 2021

Roland-Story High School

LUNCH



This institution is an equal opportunity provider.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday

Chicken Strips/Chicken Nuggets
Broccoli Normandy
Peaches
Milk **3**

Tuesday

Turkey Walking Tacos
Corn
Applesauce
Milk **4**

Wednesday

Meatball Sub
Peas
Mixed fruit
Milk **5**

Thursday

Sausage & Peperoni Calzone
Romaine Salad
Pears
Milk **6**

Friday

Crispy Chicken Sandwich
Mixed Vegetable
Blueberries
Milk **7**

Turkey Tenderloin Sandwich
Carrot Slices
Mandarin Oranges
Milk **10**

Chicken Tacos
Black Beans
Diced Mango
Milk **11**

SACK LUNCH SIGN-UP 12
Ham and Cheese Sub
Sun Chips
Apple Slices
Baby Carrots w/ Ranch
Milk

Chicken & Gravy w/Biscuit
Mashed Potatoes
Peaches
Milk **13**

Cheese Pizza
Romaine Salad
Pineapple
Milk **14**

Pork Rib on a Bun
Mixed Fruit
Green Beans
Milk **17**

Crispito
Chips W/Cheese
Corn
Pears
Milk **18**

Cheeseburger
Fries
Mandarin Oranges
Milk **19**

Shredded BBQ Chicken Sandwich
Baked Beans
Mixed Fruit
Milk **20**

Hot Dog
Country Trio Veggies
Peaches
Milk **21**

Peperoni Pizza
Mixed Vegetables
Grapes
Milk **24**

Beef Tacos
Green Beans
Peaches
Milk **25**

Popcorn Chicken
Peas
Mandarin Oranges
Milk **26**

Turkey Sub Sandwich
Baby carrots
Pineapple
Milk **27**

Shrimp Poppers/Fish Sticks
Corn
Applesauce
Milk **28**

31

**Memorial Day
NO SCHOOL**

Milk offered daily:
White, Chocolate, and
Strawberry Skim Milk
White 1% Milk

