

# Putnam High School - HEALTHY LUNCH MENU ♦ April 2024    Menu Subject to Change

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5 ½ Day
~ Beef Taco Pasta~ WG Tortilla Chips Or <i>Spicy Chicken Sandwich</i> <i>Roasted Harvest Vegetables</i> Build your Burrito Bowl	~Crispy Breaded Chicken Filet Sandwich~ Or Bacon Cheeseburger Crispy French Fries Build your Burrito Bowl	Orange Chicken Rice Bowl Or Chicken Caesar Wrap Broccoli Build your Burrito Bowl	~ Italian WG Spaghetti and Homemade Meatball Dinner~ WG Garlic Bread Or <i>Wild Mikes Cheese Bites</i> Roasted Corn Build your Burrito Bowl	~Stuffed Crust Pizza~ Or Chicken Tender Fry Basket Garden Salad Build your Burrito Bowl
8	9	10	11	12
~ WG Waffle Bar~ Strawberry or Blueberry, Whip Cream Sausage Patty Or <i>Spicy Chicken Sandwich</i> Hash Brown Patty Sandwich Creation Station	“New” Beef Broccoli Ramen Bowl Or Bacon Cheeseburger Seasonal Vegetable Sandwich Creation Station	~Cheesy Beef Tot-Chos~ Crispy Tatar Tots Topped with Taco seasoned beef, Cheese Sauce, and Scallions, WG Breadstick Or Chicken Caesar Wrap Sandwich Creation Station	~Chicken Potato Bowl~ W/ Whole Wheat Dinner Roll Or <i>Wild Mikes Cheese Bites</i> Seasoned Corn Sandwich Creation Station	~Big Daddy Pizza~ Primo Rising Crust pizza Or Chicken Tender Fry Basket Garden Salad with Dressing Sandwich Creation Station
15	16	17	18	19
		No School Spring Break April 15-19		
22	23	24	25	26
“New” Macaroni & Cheese Topped with Pulled Pork Garlic Bread Or Spicy Chicken Sandwich Roasted Broccoli Flavored Wing Bar	~ WG Mozzarella Sticks with Marinara Sauce~ WG Penne Pasta Or Bacon Cheeseburger Curly French Fries Flavored Wing Bar	~Nachos Grande~ Spanish Rice with Fixings Or Chicken Caesar Wrap Seasoned Corn Flavored Wing Bar	~Buffalo Chicken Tenders~ Creamy Whipped Potatoes WG Dinner Roll Or <i>Wild Mikes Cheese Bites</i> Seasoned Corn Flavored Wing Bar	~Big Daddy Pizza~ Primo Rising Crust pizza Or Chicken Tender Fry Basket Garden Salad with Dressing Flavored Wing Bar
29	30			~ We serve whole grains. and foods that contain naturally. occurring fiber daily. These include fresh fruits, vegetables, leafy greens, and legumes
~General Tso’s Chicken~ Breaded Chicken Tossed W/ Tangy Sweet & Mild Chili sauce Over Vegetable Fried Rice Or <i>Spicy Chicken Sandwich</i> Steamed Broccoli Build your Taco	~Rodeo BBQ Rib Sandwich ~ Honey BBQ pork rib topped with onion rings and pickle on WG Kaiser Roll Or Bacon Cheeseburger Onion Rings Build your Taco			

*WG=Donates the use of Whole Grain Products*

*This Institution Is An Equal Opportunity Provider*

*A meal comprises of: Meat/meat alternate, grain, fruit, vegetables and milk. Student must have 3 out of the 5 components to make a meal complete.  
A variety of Fruits and Vegetables are offered daily.*

*Pre Orders: All students can pre order deli sandwiches, salads OR Spicy chicken sandwich daily.  
Order forms are located in the cafeteria. Orders need to be submitted to the kitchen in the morning, prior to service time.*

*Alternate meals are offered on the serving line: Peanut butter Jelly Sandwich with string cheese, Chicken Caesar Salad and breadstick, Assortment of Deli Sandwiches.*

*\*\*If there is something that you are looking for, please discuss with Kitchen Manager and we will do our best to accommodate your needs\*\**

*Al a Carte available: Chips, cookies, water, and juice prices range from .75-\$1.25.  
Extra Entrée: \$3.00*

*Reminder: All money for al a carte needs to be prepaid.*

*How do I prepay?*

*1-Money in envelope with your full name on it, place in lock box located outside the café doors in the morning.*

*Or*

*2- Put money on your account through the online payment system at: [myschoolbucks.com](https://myschoolbucks.com)*

*Did you know we offer FREE breakfast to ALL Students every day?!!*

*Breakfast is served 7:05am-7:21 Daily.*

*Grab & Go*

*Come Rise & Shine with a Healthy Breakfast to start your day!*