

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>~ We serve whole grains and foods that contain naturally occurring fiber daily. These include fresh fruits, vegetables, leafy greens, and legumes</p>	<p>Breakfast and Lunch is Free to ALL students Every day!!!!</p>	<p>1 Chicken & Cheese Quesadilla W/ Fixings Mexicana Rice Or Italian Wrap Black Bean Corn Salad Build your Own Taco</p>	<p>2 ~ Beef Taco Pasta~ WG Tortilla Chips Or Wild Mikes Cheese Bites Sweet Corn Build your Own Taco</p>	<p>3 ~Stuffed Crust Pizza~ Or Chicken Tender Fry Basket Garden Salad with Dressing Build your Own Taco</p>
<p>6 ~ WG Waffle Bar~ Strawberry or Blueberry, Whip Cream Sausage Patty Or Spicy Chicken Sandwich Hash Brown Patty Sandwich Creation Station with Soup</p>	<p>7 Homemade Chicken Alfredo Bake Garlic Breadstick Or Bacon Cheeseburger Roasted Broccoli Sandwich Creation Station with Soup</p>	<p>8 ~ WG Mozzarella Sticks with Marinara Sauce~ WG Penne Pasta Or Chicken Caesar Wrap Roasted Harvest Vegetables Sandwich Creation Station with Soup</p>	<p>9 ~Chicken Potato Bowl~ W/ Whole Wheat Dinner Roll Or Wild Mikes Cheese Bites Seasoned Corn Sandwich Creation Station with Soup</p>	<p>10 No School Professional Development</p>
<p>13 Orange Chicken Rice Bowl Fortune Cookie Or Spicy Chicken Sandwich Broccoli Salad Creation Station</p>	<p>14 ~Crispy Breaded Chicken Filet Sandwich~ Or Bacon Cheeseburger Crispy French Fries Salad Creation Station</p>	<p>15 ~ Toasted Meatball Grinder Parmesan ~ Or Chicken Caesar Wrap Vegetable Pasta Salad Salad Creation Station</p>	<p>16 ~Cheesy Beef Tot-Chos~ Crispy Tatar Tots Topped with Taco seasoned beef, Cheese Sauce, and Scallions, WG Breadstick Or Wild Mikes Cheese Bites Salad Creation Station</p>	<p>17 ~Big Daddy Pizza~ Primo Rising Crust pizza Or Chicken Tender Fry Basket Garden Salad with Dressing Salad Creation Station</p>
<p>20 “New” Beef Broccoli Ramen Bowl Or Spicy Chicken Sandwich Baked Potato Bar</p>	<p>21 ~Rodeo BBQ Rib Sandwich Honey BBQ pork rib topped with onion rings and pickle on WG Kaiser Roll Or Bacon Cheeseburger Onion Rings Baked Potato Bar</p>	<p>22 Texas Style Grilled Cheese Or Chicken Caesar Wrap Homemade Tomato Soup Baked Potato Bar</p>	<p>23 ~Nachos Grande~ Spanish Rice with Fixings Or Wild Mikes Cheese Bites Roasted Corn Baked Potato Bar</p>	<p>24 ~Big Daddy Pizza~ Primo Rising Crust pizza Or Chicken Tender Fry Basket Garden Salad with Dressing Baked Potato Bar</p>
	<p>28 “Country Fair” Fried Dough Topped with Marinara and Mozzarella Powdered Sugar Or Bacon Cheeseburger Seasoned Corn Build your Burrito Bowl</p>	<p>29 ~Steak and Cheese Grinder~ w/ Fixings: Peppers, onion,jalapanos Or Chicken Caesar Wrap Curly French Fries Build your Burrito Bowl</p>	<p>30 ~Buffalo Chicken Tenders~ Creamy Whipped Potatoes WG Dinner Roll Or Wild Mikes Cheese Bites Corn Build your Burrito Bowl</p>	<p>31 ~Stuffed Crust Pizza~ Or Chicken Tender Fry Basket Garden Salad with Dressing Build your Burrito Bowl</p>

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

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!