

## Featured Specials of the Day

### Monday, May 1

Ravioli served with garlic bread  
Tossed Salad; Sweet Corn  
Crisp Apple; Diced Peaches or Raisins

### Tuesday, May 2

Boneless Chicken Wings with a homemade roll  
Baby Carrots with dip; Crispy French Fries  
Crunchy Grapes; Chilled Pineapple or Raisins

### Wednesday, May 3

Soft Shell Tacos with Mexican Rice & Guacamole  
Lettuce & Diced Tomatoes; Refried Beans  
Juicy Orange; Applesauce or Raisins

### Thursday, May 4

Build Your Own Sub with all the fixins'  
Celery Sticks with PB or dip; Baked Beans  
Fresh Pear; Mandarin Orange Slices or Raisins

### Friday, May 5

Deluxe Pizza Bar  
Broccoli Bites with dip; Steamed Green Beans  
Assorted Fresh Fruits; Diced Pears or Raisins

### Monday, May 8

Sweet & Sour Chicken with Asian Rice & a Fortune  
Cookie

Baby Carrots with dip; Steamed Broccoli  
Crisp Apple; Chilled Pineapple or Raisins

### Tuesday, May 9

Beef or Chicken Quesadillas served with Mexican Rice  
Lettuce & Diced Tomatoes; Fiesta Taco Black Beans  
Crunchy Grapes; Frozen Sorbet Cup or Raisins

### Wednesday, May 10

Turkey & Gravy with a homemade roll  
Tossed Salad; Mashed Potatoes  
Fresh Pear; Diced Peaches or Raisins

### Thursday, May 11

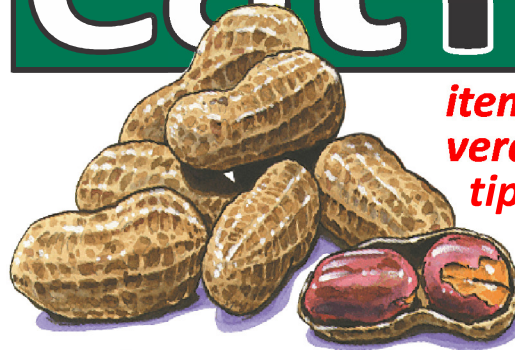
Build Your Own Sub with all the fixins'  
Celery Sticks with PB or dip; Baked Beans  
Fresh Pear; Mandarin Orange Slices or Raisins

### Friday, May 12

Ham & Cheese Sub served with Tomato Soup  
Assorted Fresh Veggies; Sweet Potato Fries  
Juicy Orange; Diced Pears or Raisins

# eat fit

## wanna stay fit? gotta eat right!



**item: peanuts in the shell**  
**verdict: snackalicious**

**tip:** *Unsalted peanuts in the shell are a healthy snack! They're loaded with monounsaturated fat – the fat that's good for you – as well as lots of fiber and as much antioxidants as most fruits. Plus they fill you up quick, so snack away! As for peanut butter – that's good, too, but try to wean yourself off the kind with added salt and sugar and go for peanut butter with just one ingredient – peanuts!*



Based on about 35 peanuts in the shell.

## Featured Specials of the

### Monday, May 15

Fettuccini Alfredo with grilled chicken & garlic bread

Tossed Salad; Steamed Broccoli  
Crisp Apple; Diced Peaches or Raisins

### Tuesday, May 16

Baked Chicken with a homemade roll  
Creamy Coleslaw; Garlic Mashed Potatoes  
Juicy Orange; Chilled Pineapple or Raisins

### Wednesday, May 17

Homemade Mac & Cheese with a fresh baked roll  
Baby Carrots with dip; Steamed Green Beans  
Crunchy Grapes; Applesauce or Raisins

### Thursday, May 18

Build Your Own Sub with all the fixins'  
Celery Sticks with PB or Dip; Baked Beans  
Fresh Pear; Mandarin Orange Slices or Raisins

### Friday, May 19

Deluxe Pizza Bar  
Assorted Fresh Veggies; Sweet Corn  
Assorted Fresh Fruits; Chilled Mixed Fruit or Raisins

## Featured Specials of the

### Monday, May 22

Build a Burger or Hot Dog Bar  
Baby Carrots with dip; Crispy French Fries  
Juicy Orange; Diced Pears or Raisins

### Tuesday, May 23

Breakfast for Lunch  
Broccoli Bites with dip; Hashbrown Potatoes  
Crunchy Grapes; Sorbet Cup or Raisins

### Wednesday, May 24

Homemade Spaghetti with garlic bread  
Tossed Salad; Sweet Corn  
Watermelon Wedge; Applesauce or Raisins

### Thursday, May 25

Build Your Own Sub with all the fixins'  
Celery Sticks with PB or dip; Baked Beans  
Fresh Pear; Mandarin Orange Slices or Raisins

### Friday, May 26

Grilled Cheese or Ham & Cheese Sandwich served with tomato soup  
Assorted Fresh Veggies; Steamed Green Beans  
Crisp Apple; Diced Peaches or Raisins

Please See Reverse  
Side For Items  
Available Every Day

# 90 MINUTE RULE.

A hot shower before bed helps you sleep better. But there's a catch: make sure to shower ninety minutes before you plan to hit the hay. That way your body will

have time to cool down and you'll be primed for the excellent, restful sleep we all need for good health!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

## Featured Specials of the Monday, May 29

**MEMORIAL DAY NO SCHOOL TODAY**

### Tuesday, May 30

Boneless Chicken Wings with a homemade roll  
Baby Carrots with dip; Crispy French Fries  
Crunchy Apple; Diced Peaches or Raisins

### Wednesday, May 31

Homemade Lasagna served with garlic bread  
Tossed Salad; Steamed Broccoli  
Sweet Grapes; Chilled Pineapple or Raisins

### Thursday, June 1

Build Your Own Sub with all the fixins'  
Broccoli Bites with dip; Baked Beans  
Juicy Orange; Diced Pears or Raisins

### Friday, June 2

Deluxe Pizza Bar  
Celery Sticks with PB or dip; Steamed Green Beans  
Watermelon Wedge; Chilled Mixed Fruit or Raisins

## Featured Specials of the Day

### Monday, June 5

Build Your Own Nachos Supreme served with  
Mexican Rice  
Lettuce & Diced Tomatoes; Refried Beans  
Crisp Apple; Diced Peaches or Raisins

### Tuesday, June 6

Hot Dog; Brat or Burger Bar  
Creamy Coleslaw; Baked Beans  
Watermelon Wedge; Mandarin Oranges or  
Raisins

### Wednesday, June 7

Baked Chicken with a homemade roll  
Tossed Salad; Baked Potato with sour cream  
or butter  
Crunchy Grapes; Diced Pears or Raisins

### Thursday, June 8

Build Your Own Sub with all the fixins'  
Baby Carrots with dip; Steamed Green Beans  
Fresh Pear; Chilled Mixed Fruit or Raisins

### Friday, June 9

Cook's Choice

### Monday, June 12

Cook's Choice

### Tuesday, June 13

Cooks Choice

### Wednesday, June 14

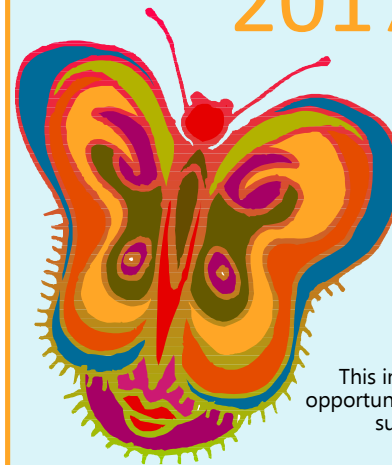
1/2 Day Sack Lunches

### Thursday, June 15

1/2 Day

SUNNY-SUMMER TIME!!!!

# Menus for May & June 2017



Alpena  
High  
School

This institution is an equal opportunity provider. Menus are subject to change.

## Available Daily!

Chickenburger on a bun  
Spicy Chickenburger on a bun  
Assorted Wraps & Sandwiches  
Crispy Chicken Nuggets with a roll  
Quesadillas  
Big Daddy Pizza  
Bosco Cheese-stuffed Breadsticks  
Nacho Chips with Taco Meat  
and Cheese

**ALWAYS include**

**at least ONE veggie or fruit!**

(Choices are listed with the Special of the Day)  
**You MUST take at least ONE fruit or veggie  
or you will be charged  
a la carte prices.**