






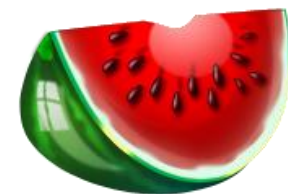
# MAY | 2017

## Warren G. Harding High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Cheeseburger Or Chicken Patty Sandwich Garden Salad, French Fries Seasoned Green Beans Mandarin Oranges Applesauce  Alice Springs Chix/Roasted Potatoes	<b>2</b> Rotini w/meatsauce Or Hot Ham/Cheese Sandwich Italian Sub Salad French Fries Watermelon/Kiwi Fruit Juice  Steak & Cheese Sandwich	<b>3</b> lanazone's Pepp. Pizza Garden Salad, Potato Wedges Carrots w/ranch dressing Orange Wedges Mixed Fruit  Chicken Noodle Soup	<b>4</b> Sloppy Joe Nachos w/cheese, salsa, sour cream or Sloppy Joe Sandwich Sweet Corn, Black Beans Diced Pineapple Oatmeal Backpacker Cookie  Sausage/Peppers /Onions	<b>5</b> Manager's Selection
<b>8</b> Popcorn Chicken w/Dinner Roll and marg. Or Spicy Chicken Sandwich Mashed Potatoes/Gravy Garden Salad, Glazed Carrots Fruit Choices  Oven Baked Chix/Mashed Potatoes	<b>9</b> Lasagna Rollups Garden Salad Garlic Breadstick/Toast French Fries Seasoned Green Beans Fresh Fruit Choices  Chix Parm/Spaghetti	<b>10</b> Pizza Bar Broccoli Salad Potato Wedges Applesauce Fruit Juice Pudding w/topping  Baked Potatoes w/toppings	<b>11</b> Walking Taco w/lettuce, Cheese, salsa, sour cream Sweet Corn, Black Beans Diced Pears Diced Peaches  Beef or Chicken Fajita Nachos	<b>12</b> BBQ Pulled Pork Sandwich Or Turkey Sandwich Garden Salad French Fries Mixed Fruit Fruit Juice  Broc/Chix/Rice Casserole
<b>15</b> Chicken Nuggets w/Dinner Roll and marg or Cheeseburger Roasted Redskin Potatoes Baked Beans Diced Peaches, Apple  Deluxe Cheeseburger	<b>16</b> Taco Macaroni/Cheese Dinner Roll w/marg Or Ham/Cheese Panini BLT Salad, Tender Peas Hot Cinnamon Apples Fruit Juice Mini Fruit Pie  Grilled Chix & Grilled Veggies	<b>17</b> Cheese-filled Breadsticks w/spaghetti sauce Italian Sub Salad French Fries Diced Pears Applesauce  Wedding Soup	<b>18</b> Hot Dog w/chili Or BBQ Rib Sandwich Garden Salad, French Fries Strawberry Cup Diced Peaches Bag of Chips  Chix/Red Pepper/ Spin Panini	<b>19</b> Manager's Selection
<b>22</b> Beef Burrito w/salsa, sour cream or Spicy Chicken Sand Garden Salad, French Fries Mandarin Oranges Diced Peaches  BBQ Chix Breast/Bacon Sand.	<b>23</b> Meatball Sub Or Sub Sandwich Garden Salad, French Fries Seasoned Green Beans Applesauce Fruit Juice  Homemade Meatball Sub	<b>24</b> Fiestada Or Turkey & Cheese Sand. Garden Salad Baked Beans Watermelon/Grapes Diced Pineapple  Baked Potatoes w/toppings	<b>25</b> Italian Sub Sandwich Garden Salad Sweet Corn Pearsauce Cup Diced Peaches Kettle Corn  Manicotti	<b>26</b> Manager's Selection
<b>29</b> MEMORIAL DAY 	<b>30</b> HAPPY SUMMER 	<b>31</b> 		

### News

**Watermelon is high in lycopene which helps improve cardiovascular health. Compounds in watermelon also have antioxidant and anti-inflammatory health benefits. Watermelon has the highest concentration of beta-carotene when it is fully ripened inside from pink to red. So, enjoy your watermelon today!!**



**This institution is an equal opportunity provider.**