JUNE Lunch

preferred meals™ an elior company

MAYA ANGELOU HIGH SCHOOL

C2HS - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
May 28, 2018	**May 29, 2018**	**May 30, 2018**	**May 31, 2018**	**June 1, 2018**
				CHEESEBURGER Mustard CRISPY CHICKEN FILLET ^ BBQ Sauce Hamburger Bun ^ Maple Baked Beans Maple Butter Carrots Fresh Pear Pineapple Cup Ketchup Milk Choice-1% Fat Free
June 4, 2018	**June 5, 2018**	**June 6, 2018**	**June 7, 2018**	**June 8, 2018**
MINI CORN DOGS ^ Mustard Ketchup CHICKEN DRUMSTICK BBQ Sauce Maple Butter Carrots Garlic Butter Green Beans Orange Sorbet 100% Juice Diced Peaches Corn Muffin ^ Milk Choice-1% Fat Free	CHARBROILED HAMBURGER Hamburger Bun ^ Mustard Ketchup PEPPERONI PIZZA ^ Southwestern Corn Romaine Lettuce Light Ranch Dressing Mixed Fruit Cup Cherry Craisins Milk Choice-1% Fat Free	PIZZA DIPPERS ^ CHICKEN TENDERS ^ Breadstick ^ Marinara Dipping Sauce Fresh Broccoli Light Ranch Dressing Fresh Banana Pineapple Cup Milk Choice-1% Fat Free	CRISPY CHICKEN FILLET ^ Hamburger Bun ^ Light Mayonnaise DELI SUB SANDWICH ^ French Fries Maple Butter Carrots Fresh Apple Ketchup Milk Choice-1% Fat Free	TACO MEAT Soft Tortilla ^ CHICKEN QUESO BURRITO ^ Refried Beans Salsa Cup Jalapenos Fresh Pear Diced Peaches Milk Choice-1% Fat Free
June 11, 2018	**June 12, 2018**	**June 13, 2018**	**June 14, 2018**	**June 15, 2018**
PEPPERONI PIZZA ^ MEATLOAF PANINI ^ Ketchup Broccoli Southwestern Corn Mixed Fruit Cup Blended Fruit Juice Milk Choice-1% Fat Free	TURKEY HAM & CHEESE PANINI ^ SPICY CHICKEN FILLET ^ Hamburger Bun ^ Light Mayonnaise Maple Baked Beans Maple Butter Carrots Pineapple Cup Cherry Craisins Milk Choice-1% Fat Free	CHEESEBURGER Hamburger Bun ^ HOT DOG Hot Dog Bun ^ Mixed Vegetables Potato Rounds Fresh Banana Pear Cup Mustard Ketchup (2) Multi Grain Sun Chips ^ Milk Choice-1% Fat Free	*MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN ^ TACO MEAT Tortilla Chips ^ Shredded Cheddar Cheese Croutons ^ Romaine Lettuce Fresh Baby Carrots Cucumbers Light Ranch Dressing Fresh Apple Milk Choice-1% Fat Free	
June 18, 2018	**June 19, 2018**	**June 20, 2018**	**June 21, 2018**	**June 22, 2018**
June 25, 2018	**June 26, 2018**	**June 27, 2018**	**June 28, 2018**	**June 29, 2018**

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

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

www.preferredmealsmenu.com

preferredmeals™ an elior company

Nutritional Information: MAYA ANGELOU HIGH SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
06-01-2018	CHEESEBURGER	197	14	6	0	52	360	2	0	1	15	33	0	100	1	MMA:2.5oz
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	CRISPY CHICKEN FILLET ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Pineapple Cup	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Milk Choice-1% Fat Free	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-04-2018	MINI CORN DOGS ^	259	13	3	0	40	369	31	2	11	12	0	66	100	2	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	CHICKEN DRUMSTICK	193	11	3	0	107	285	2	0	0	20	17	0	16	1	MMA:2oz
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Garlic Butter Green Beans	43	1	0	0	0	88	7	2	2	2	21	10	35	1	V:1/2c O
	Orange Sorbet 100% Juice	70	0	0	0	0	5	19	3	15	0	600	60	60	0	F:1/2c
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Corn Muffin ^	220	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Milk Choice-1% Fat Free	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-05-2018	CHARBROILED HAMBURGER	147	10	4	0	40	220	2	0	0	12	3	0	25	1	MMA:2oz
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	PEPPERONI PIZZA ^	386	16	7	0	36	838	39	3	2	20	68	0	414	2	MMA:2oz G/B:2.5sv WG V:1/4c RO
	Southwestern Corn	80	1	0	0	0	101	18	2	2	3	19	10	8	1	V:1/2c S
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Milk Choice-1% Fat Free	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Nutritional Information: MAYA ANGELOU HIGH SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
06-06-2018	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Fresh Broccoli	9	0	0	0	0	8	2	0	0	1	47	29	15	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Pineapple Cup	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Milk Choice-1% Fat Free	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-07-2018	CRISPY CHICKEN FILLET ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	DELI SUB SANDWICH ^	287	13	5	0	54	819	30	3	2	14	40	1	151	2	MMA:2oz G/B:2sv WG
	French Fries	103	4	1	0	0	30	16	0	0	2	0	6	0	0	V:1/2c S
	Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Milk Choice-1% Fat Free	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-08-2018	TACO MEAT	196	10	4	0	40	781	12	1	2	14	292	2	45	2	MMA:2oz V:5/8c RO
	Soft Tortilla ^	160	5	0	0	0	130	26	2	0	4	0	0	120	1	G/B:2sv WG
	CHICKEN QUESO BURRITO ^	310	12	4	0	40	411	33	4	2	19	66	2	173	2	MMA:2oz G/B:2sv WG
	Refried Beans	118	0	0	0	0	74	22	7	0	7	0	2	20	2	V:1/2c L
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	Jalapenos	5	0	0	0	0	394	1	1	1	0	39	5	26	0	V:1/4c O
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Milk Choice-1% Fat Free	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-11-2018	PEPPERONI PIZZA ^	386	16	7	0	36	838	39	3	2	20	68	0	414	2	MMA:2oz G/B:2.5sv WG V:1/4c RO
	MEATLOAF PANINI ^	320	14	6	0	46	752	30	3	3	18	35	2	154	2	MMA:2oz G/B:2sv WG
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Southwestern Corn	80	1	0	0	0	101	18	2	2	3	19	10	8	1	V:1/2c S
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	15	14	0	15	0	0	1	20	0	F:1/2c
	Milk Choice-1% Fat Free	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Nutritional Information: MAYA ANGELOU HIGH SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
06-12-2018	TURKEY HAM & CHEESE PANINI ^	290	12	6	0	56	783	28	2	3	17	60	1	206	2	MMA:2oz G/B:2sv WG
	SPICY CHICKEN FILLET ^	270	15	3	0	25	400	17	3	1	15	30	0	40	3	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Pineapple Cup	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Milk Choice-1% Fat Free	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-13-2018	CHEESEBURGER	197	14	6	0	52	360	2	0	1	15	33	0	100	1	MMA:2.5oz
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	HOT DOG	130	11	4	0	30	400	2	0	1	5	0	0	20	1	MMA:2oz
	Hot Dog Bun ^	0	0	0	0	0	0	0	0	0	0	0	0	0	0	G/B:1.5sv WG
	Mixed Vegetables	56	0	0	0	0	34	12	3	4	2	397	14	22	1	V:1/4c RO V:1/4c S
	Potato Rounds	109	3	1	0	0	18	18	2	0	2	0	5	0	0	V:1/2c S
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Pear Cup	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup (2)	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Multi Grain Sun Chips ^	140	6	1	0	0	120	18	3	2	2	0	0	0	0	G/B:1.25sv WG
	Milk Choice-1% Fat Free	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-14-2018	*MAKE YOUR OWN SALAD DAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	TACO MEAT	196	10	4	0	40	781	12	1	2	14	292	2	45	2	MMA:2oz V:5/8c RO
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Shredded Cheddar Cheese	114	9	6	0	30	176	0	0	0	7	75	0	204	0	MMA:1oz
	Croutons ^	140	8	0	0	0	280	16	4	0	4	0	0	0	0	G/B:1sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Cucumbers	5	0	0	0	0	1	1	0	0	0	2	1	5	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Milk Choice-1% Fat Free	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Grean R/O = Red/Orange L = Legumes S = Starchy O = Other