

OPCSD MIDDLE & HIGH SCHOOL LUNCH MENU

Menu is subject to change



May 2022



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Patty on WG Roll Broccoli Or Cheese or Pepperoni Pizza Assorted Fruit	3 Nachos Grande (Featuring Tostito Chips) Or Cheese or Pepperoni Pizza Vegetarian Baked Beans Fresh Fruit	4 Meatball Bomber Submarine or Cheese or Pepperoni Pizza Fresh Carrots & Celery Assorted Fruit	5 Hamburger on WG Roll Corn Cheese or Pepperoni Pizza Fresh Fruit	6 Baked Chicken Mashed Potatoes w/Gravy Pepperoni Pizza Green Beans Assorted Fruit
9 Chicken Patty on WG Roll Or Cheese or Pepperoni Pizza Oven Baked Fries Assorted Fruit	10 Chicken & Cheese Burrito Peppers and Onions Or Cheese or Pepperoni Pizza Black Beans Fresh Fruit	11 Macaroni & Cheese WG Dinner Roll Or Cheese or Pepperoni Pizza Broccoli Assorted Fruit	12 BBQ Chicken Wrap (Chicken Strips, Cheese) Or Cheese or Pepperoni Pizza Corn Fresh Fruit	13 Cheese burger (Lettuce, Tomato, Pickle) Or Cheese or Pepperoni Pizza Baby Carrots Assorted Fruit
16 Chicken Parmesan Submarine (sauce, tenders, cheese, lettuce) Or Cheese or Pepperoni Pizza Green Beans Fresh Fruit	17 Taco in a Bag Or Cheese or Pepperoni Pizza Corn Assorted Fruit	18 Teriyaki Meatballs over Rice Or Cheese or Pepperoni Pizza Carrots Fresh Fruit	19 Roasted Turkey Wrap Oven Baked Potatoes Or Cheese or Pepperoni Pizza Romaine Salad Assorted Fruit	20 Grilled Cheese Sandwich Or Cheese or Pepperoni Pizza Fresh Carrots & Celery Fresh Fruit
23 Hamburger on WG Roll Oven Potatoes Or Cheese or Pepperoni Pizza Carrots Assorted Fruit	24 Chicken & Cheese Burrito Peppers and Onions Or Cheese or Pepperoni Pizza Vegetarian Baked Beans Fresh Fruit	25 Buffalo Chicken Wrap (Cheese & Hot Sauce) Cheese or Pepperoni Pizza Corn Assorted Fruit	26 Baked Pasta w/ Meatballs WG Dinner Roll Or Cheese or Pepperoni Pizza Broccoli Fresh Fruit	27 Chicken Patty on WG Roll Or Cheese or Pepperoni Pizza Carrots Assorted Fruit
30 MEMORIAL DAY NO STUDENT ATTENDANCE	31 Oven Baked Chicken Tenders w/ Dipping Sauce Or Cheese or Pepperoni Pizza Baby Carrots Assorted Fruit	June 1 st (MIDDLE SCHOOL ONLY) Macaroni & Cheese WG Dinner Roll Or Cheese or Pepperoni Pizza Green Beans Fresh Fruit High School – Regents Exam	2 Meatball Bomber Submarine or Cheese or Pepperoni Pizza Corn Assorted Fruit	3 Oven Roasted Turkey Wrap Or Cheese or Pepperoni Pizza Broccoli Fresh Fruit

Offered daily
With all School Lunches:
Fresh or Prepared Fruit
***(Must take ½ cup of Fruit or Vegetable –
may take up to 1 cup)***

**Non or Low Fat White,
Non Fat Chocolate Milk,
available daily.**



- Vegetable**
 - Fruit (or take both)**
 - Choose whole grains**
 - Pick a lean protein**
 - Add serving of milk**
- Take at least 3***