

OAHS



What is a Meal?
 A choice of 1 Entrée (Hot or Cold)
 A Choice of 1 or 2 Vegetables
 A Choice 1 Fruit
 A Choice of Milk
 3-5 Items including a fruit or vegetable completes a Meal

Menu Item	Date	Monday 5/1	Tuesday 5/2	Wednesday 5/3	Thursday 5/4	Friday 5/4
Entrees Choose 1	Hot Entrée	Double Cheeseburger	Egg Roll and Chicken Fried Rice	Spicy or Crispy Chicken Sandwich	French Toast sticks/ Sausage Patty	Meatball Sub
	Cold Entrée	Deli Sandwich Fresh Salad	Deli Sandwich Fresh Salads	Deli Sandwich Fresh Salads	Deli Sandwich Fresh Salads	Deli Sandwich Fresh Salads
Veggies Choose 1 or 2	Hot Vegetable	Smile Fries	Corn And Rice	Green Beans	Hash Browns	Peas
	Fresh Vegetable	Baby Carrots Cucumber Slices	Baby Carrots Cucumber Slices	Baby Carrots Cucumber Slices	Baby Carrots Cucumber Slices	Baby Carrots Cucumber Slices
Fruits Choose 1	Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit

Menu Item	Date	Monday 5/7	Tuesday 5/8	Wed 3/9	Thursday 3/10	Friday 3/11
Entrees Choose 1	Hot Entrée	Bosco Sticks W/ Sauce	Beef Tacos (2) W/ Cheese	BBQ Pulled Pork Sandwich	Grilled Cheese Sandwich	Buffalo Chicken Cheesesteak
	Cold Entrée	Deli Sandwich Fresh Salad	Deli Sandwich Fresh Salads	Deli Sandwich Fresh Salads	Deli Sandwich Fresh Salads	Deli Sandwich Fresh Salads
Veggies Choose 1 or 2	Hot Vegetable	Steamed Broccoli	Refried Beans	Buttery Corn	Green Beans	French Fries
	Fresh Vegetable	Celery Sticks Sweet Peppers	Lettuce, Tomatoes, Salsa, Sweet Peppers	Celery Sticks Sweet Peppers	Celery Sticks Sweet Peppers	Celery Sticks Sweet Peppers
Fruits Choose 1	Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit

Menu Item	Date	Monday 3/14	Tuesday 3/15	Wed 3/16	Thursday 3/17	Friday 3/18
Entrees Choose 1	Hot Entrée	Italian Sausage on a steak Roll W/WO Tomato Sauce	Chicken Nuggets	General Tso's Chicken W/Rice Roll	Oven Fried Chicken	Lasagna W Garlic Bread
	Cold Entrée	Deli Sandwich Fresh Salad	Deli Sandwich Fresh Salads	Deli Sandwich Fresh Salads	Deli Sandwich Fresh Salads	Deli Sandwich Fresh Salads
Veggies Choose 1 or 2	Hot Vegetable	Peppers and Onions	Steamed Carrots	Broccoli	Mashed Potatoes	Zucchini
	Fresh Vegetable	Celery Sticks Baby Carrots	Celery Sticks Baby Carrots	Celery Sticks Baby Carrots	Celery Sticks Baby Carrots	Celery Sticks Baby Carrots
Fruits Choose 1	Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit

Menu Item	Date	Monday 3/21	Tuesday 3/22	Wed 3/23	Thursday 3/24	Friday 3/25
Entrees Choose 1	Hot Entrée	Chicken Tenders	Macaroni and Cheese	Chicken Alfredo Pasta	Doritos Walking Tacos	Hot ham and cheese on a Ciabatta Roll
	Cold Entrée	Deli Sandwich Fresh Salad	Deli Sandwich Fresh Salad	Deli Sandwich Fresh Salads	Deli Sandwich Fresh Salads	Deli Sandwich Fresh Salads
Veggies Choose 1 or 2	Hot Vegetable	French Fries	Peas	Broccoli	Refried Beans	Sweet Potatoes
	Fresh Vegetable	Celery Sticks Baby Carrots	Cucumber Slices Baby Carrots	Cucumber Slices Baby Carrots	Cucumber Slices Baby Carrots	Cucumber Slices Baby Carrots
Fruits Choose 1 or 2		Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit	Chilled Fruit Fresh Fruit



No School May 27 Memorial Day Holiday

Good Morning Daily Breakfast Selections

Menu Item	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée Choose 1	Mini Pancakes Choice of Cereal	Breakfast Sandwich Choice of Cereal	Waffles Choice of Cereal	Muffins Choice of Cereal	Sausage Biscuit Choice of Cereal
Fruit and Juice Choose 1 or 2	100% Fruit Juice Fresh Fruit Choice	100% Fruit Juice Fresh Fruit Choice	100% Fruit Juice Fresh Fruit Choice	100% Fruit Juice Fresh Fruit Choice	100% Fruit Juice Fresh Fruit Choice
Milk Choose 1	1% Milk or Fat Free Chocolate Milk	1% Milk or Fat Free Chocolate Milk	1% Milk or Fat Free Chocolate Milk	1% Milk or Fat Free Chocolate Milk	1% Milk or Fat Free Chocolate Milk

