

Menus for May & June 2017

Allegany County High School Lunch Menu



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

DON'T 4 GET!

To make a lunch, choose at least one



or



and 3-5
items
total



ALLEGANY COUNTY SCHOOL
NUTRITION SERVICES

Featured Specials of the Day

Monday, May 1

Popcorn Chicken
Stacked Turkey Sandwich

Tuesday, May 2

Sliced Pizza
BBQ Chicken Sandwich
Chef's Salad

Wednesday, May 3

Fish Sandwich
Spicy Chicken Patty Sandwich
Spicy Chicken Salad

Thursday, May 4

Steak-um Sandwich
Mini Crescents
Steak Salad

Friday, May 5

Spaghetti and Meatballs
Meatball Sub

Thanks, Mom!



Happy Mother's Day Sunday, May 14

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 Day

Monday, May 8

Chicken Patty Sandwich
Deli Wrap

Tuesday, May 9

Rotini in Meat Sauce
Chef's Salad

Wednesday, May 10

Open-Faced Turkey Sandwich
Open-Faced Salisbury Steak Sandwich
Diced Turkey Salad

Thursday, May 11

Spicy Chicken Patty Sandwich
Chicken Fajita
Chicken Fajita Salad

Friday, May 12

Stuffed Crust Pizza
Hot Ham and Cheese Sandwich

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 Day

Monday, May 15

Hot Dog
Sloppy Joe Sandwich

Tuesday, May 16

Chicken Nuggets
Grilled Chicken Patty Sandwich
Grilled Chicken Salad

Wednesday, May 17

Mexican Pizza
Tuna Salad Sandwich
Chicken Salad Sandwich
Chef's Salad

Thursday, May 18

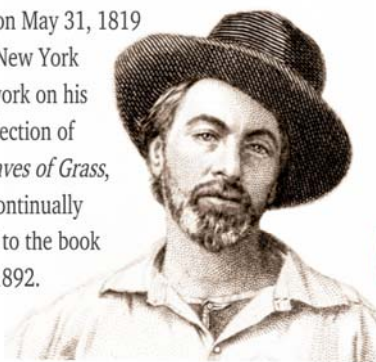
Shrimp Poppers
Deli Wrap
Chef's Salad

Friday, May 19

Lasagna
Steak Wrap

★ OUR NATION'S HISTORY ★

The American poet and journalist Walt Whitman, one of our country's most original and most acclaimed writers, was born on May 31, 1819 on Long Island in New York State. He began work on his masterpiece, a collection of poems entitled *Leaves of Grass*, before 1850 and continually revised and added to the book until his death in 1892. He is considered the first truly American poet, and is particularly remembered for poems like "Song of Myself" and "Oh Captain, My Captain!" which he wrote upon the assassination of President Abraham Lincoln. Whitman also volunteered in Army hospitals during the American Civil War, helping to care for wounded soldiers.



★ WITH LIBERTY & JUSTICE FOR ALL ★

Featured Specials of the Day

Monday, May 22

Hamburger or Cheeseburger
Mozzarella Sticks

Tuesday, May 23

Tacos
Nachos and Meat Sauce
Taco Salad

Wednesday, May 24

Chicken Tenders
Chicken Tender Salad

Thursday, May 25

Grilled Cheese Sandwich
Hot Ham and Cheese Sandwich
Chef's Salad

Friday, May 26

Round Pizza
Chicken Patty Sandwich

Monday, May 29

MEMORIAL DAY • NO SCHOOL TODAY

Tuesday, May 30

Manager's Choice

Wednesday, May 31

Manager's Choice

Thursday, June 1

Manager's Choice

Friday, June 2

Manager's Choice