




# Ashland High School Menu

# May 2017

Monday	Tuesday	Wednesday	Thursday	Friday	<p><b>Breakfast</b> includes Milk and fruit. Cold cereal is offered daily as a third option. \$1.50</p> <p><b>Lunch</b> Includes Bottomless Offering Bar and Milk. <b>Carb N Go</b> are daily fourth option \$3.50 Extra white milk may be purchased. \$.50</p>  <p><b>All you can eat</b> fruits and vegetables with every meal purchased!! <b>Fresh, local options available, check in and see what's on the tray today</b></p>
<p><b>1 Breakfast</b></p> <ul style="list-style-type: none"> <li>* French Toast &amp; Sausage</li> <li>* Breakfast Burrito</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Teriyaki Meatballs on Rice</li> <li>* Stuffed Cheese Stix w/Marinara</li> </ul>	<p><b>2 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Yogurt Bar</li> <li>* Fruit Frudel</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Salisbury Steak w/Mashed &amp; Roll</li> <li>* Pizza</li> </ul>	<p><b>3 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Fruit Muffin</li> <li>* Oatmeal Bar</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* General Tso's Chicken</li> <li>* Chicken Burger &amp; Fries</li> </ul>	<p><b>4 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Egg &amp; Cheese Scramble w/Tots</li> <li>* Pancake Sausage Wrap</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Try - It</li> <li>* Pizza</li> </ul>	<p><b>6 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Cinnamon Roll</li> <li>* Breakfast Sandwiches</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Cheeseburger &amp; Fries</li> <li>* Corn Dog &amp; Fries</li> </ul>	
<p><b>8 Breakfast</b></p> <ul style="list-style-type: none"> <li>* French Toast &amp; Sausage</li> <li>* Fruit Muffins</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Chef's Choice</li> <li>* Calzones</li> </ul>	<p><b>9 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Yogurt Bar</li> <li>* Fruit Frudel</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Pizza</li> <li>* Orange Chicken on Rice</li> </ul>	<p><b>10 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Fruit Muffin</li> <li>* Oatmeal Bar</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Pork Rib Sandwich /Corn</li> <li>* Nachos</li> </ul>	<p><b>11 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Egg &amp; Cheese Scramble w/Tots</li> <li>* Pancake Sausage Wrap</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Pizza</li> <li>* Cheese Pocket w/ Soup du Jour</li> </ul>	<p><b>12 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Cinnamon Roll</li> <li>* Breakfast Sandwich</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Eggroll &amp; Rice</li> <li>* Cheeseburger &amp; Fries</li> </ul>	
<p><b>15 Breakfast</b></p> <ul style="list-style-type: none"> <li>* French Toast &amp; Sausage</li> <li>* Breakfast Burrito</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Nachos</li> <li>* Calzones</li> </ul>	<p><b>16 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Yogurt Bar</li> <li>* Fruit Frudel</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Pizza</li> <li>* Kung Pao Chicken</li> </ul>	<p><b>17 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Fruit Muffin</li> <li>* Oatmeal Bar</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Chicken Burger &amp; Fries</li> <li>* Chef's Choice</li> </ul>	<p><b>18 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Egg &amp; Cheese Scramble w/Tots</li> <li>* Pancake Sausage Wrap</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Pizza</li> <li>* Roasted Chicken w/ Mashed Potatoes &amp; Roll</li> </ul>	<p><b>19 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Cinnamon Roll</li> <li>* Breakfast Sandwich</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Egg Rolls &amp; Rice</li> <li>* Rippers</li> </ul>	
<p><b>22 Breakfast</b></p> <ul style="list-style-type: none"> <li>* French Toast &amp; Sausage</li> <li>* Breakfast Burrito</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Teriyaki Meatballs on Rice</li> <li>* Stuffed Cheese Stix w/Marinara</li> </ul>	<p><b>23 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Yogurt Bar</li> <li>* Fruit Frudel</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Salisbury Steak w/Mashed &amp; Roll</li> <li>* Pizza</li> </ul>	<p><b>24 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Fruit Muffin</li> <li>* Oatmeal Bar</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* General Tso's Chicken</li> <li>* Chicken Burger &amp; Fries</li> </ul>	<p><b>25 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Egg &amp; Cheese Scramble w/Tots</li> <li>* Pancake Sausage Wrap</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Try - It</li> <li>* Pizza</li> </ul>	<p><b>26 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Cinnamon Roll</li> <li>* Breakfast Sandwiches</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Cheeseburger &amp; Fries</li> <li>* Corn Dog &amp; Fries</li> </ul>	
<p><b>29</b></p> <p><b>NO SCHOOL</b></p>	<p><b>30 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Yogurt Bar</li> <li>* Fruit Frudel</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Pizza</li> <li>* Orange Chicken on Rice</li> </ul>	<p><b>31 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Fruit Muffin</li> <li>* Oatmeal Bar</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Pork Rib Sandwich /Corn</li> <li>* Nachos</li> </ul>	<p><b>1 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Egg &amp; Cheese Scramble w/Tots</li> <li>* Pancake Sausage Wrap</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Pizza</li> <li>* Cheese Pocket w/ Soup du Jour</li> </ul>	<p><b>2 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Cinnamon Roll</li> <li>* Breakfast Sandwich</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Eggroll &amp; Rice</li> <li>* Cheeseburger &amp; Fries</li> </ul>	

® = Scratch and Fresh made recipes

◇ = Vegetarian or can be made Vegetarian

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