




Ashland High School Menu

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday	<p>Breakfast includes Milk and fruit. Cold cereal is offered daily as a third option. \$1.50</p> <p>Lunch Includes Bottomless Offering Bar and Milk. Carb N Go are daily fourth option \$3.50 Extra white milk may be purchased. \$.50</p>  <p>All you can eat fruits and vegetables with every meal purchased!! <i>Fresh, local options available, check in and see what's on the tray today</i></p>
<p>30 Breakfast * Waffles & Sausage * Zucchini Bread</p> <p>Lunch * General Tso's Chicken on Rice * Rippers ◊</p>	<p>1 Breakfast * Yogurt & Granola◊ * Fruit Frudel◊</p> <p>Lunch * Pizza ◊ * Tangerine Chicken on Rice</p>	<p>2 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊</p> <p>Lunch * Pork Rib Sandwich /Corn * Nachos ◊</p>	<p>3 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊</p> <p>Lunch * Pizza ◊ * Corn Dog w/ Fries</p>	<p>4 Breakfast * Cinnamon Roll ◊ * Breakfast Sandwich</p> <p>Lunch * Cheeseburger & Fries * Steak or Chicken Tornado</p>	
<p>7 Breakfast * Waffles & Sausage * Zucchini Bread</p> <p>Lunch * Nachos ◊ * Calzones ◊</p>	<p>8 Breakfast * Tornado * Fruit Frudel◊</p> <p>Lunch * Pizza ◊ * Rippers</p>	<p>9 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊</p> <p>Lunch * Chicken Burger & Fries * Corn Dogs w/ Fries</p>	<p>10 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊</p> <p>Lunch * Pizza ◊ * Turkey Gravy w/ Mashed Potatoes & Roll</p>	<p>11 Breakfast * Cinnamon Roll ◊ * Breakfast Sandwich</p> <p>Lunch * Steak or Chicken Tornado * Rippers ◊</p>	
<p>14 Breakfast * Waffles & Sausage * Zucchini Bread</p> <p>Lunch * Teriyaki Meatballs on Rice * Stuffed Cheese Stix w/Marinara◊</p>	<p>15 Breakfast * Yogurt & Granola◊ * Fruit Frudel◊</p> <p>Lunch * Salisbury Steak w/Mashed Potatoes & Roll * Pizza ◊</p>	<p>16 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊</p> <p>Lunch *Kung Pao Chicken w/Rice * Chicken Burger & Fries</p>	<p>17 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊</p> <p>Lunch * Try – It * Pizza ◊</p>	<p>18 Breakfast * Cinnamon Roll ◊ * Breakfast Sandwiches</p> <p>Lunch * Cheeseburger & Fries * Chef's Choice</p>	
<p>21 Breakfast * Waffles & Sausage * Zucchini Bread</p> <p>Lunch * General Tso's Chicken on Rice * Rippers ◊</p>	<p>22 Breakfast * Yogurt & Granola◊ * Fruit Frudel◊</p> <p>Lunch * Pizza ◊ * Tangerine Chicken on Rice</p>	<p>23 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊</p> <p>Lunch * Pork Rib Sandwich /Corn * Nachos ◊</p>	<p>24 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊</p> <p>Lunch * Pizza ◊ * Corn Dog w/ Fries</p>	<p>25 Breakfast * Cinnamon Roll ◊ * Breakfast Sandwich</p> <p>Lunch * Cheeseburger & Fries * Steak or Chicken Tornado</p>	
<p>28 NO SCHOOL</p>	<p>29 Breakfast * Tornado * Fruit Frudel◊</p> <p>Lunch * Pizza ◊ * Rippers</p>	<p>30 Breakfast * Pancake Sausage Wrap * Oatmeal Bar ◊</p> <p>Lunch * Chicken Burger & Fries * Corn Dogs w/ Fries</p>	<p>31 Breakfast * Egg & Cheese Scramble w/Tots * Fruit Muffin ◊</p> <p>Lunch * Pizza ◊ * Turkey Gravy w/ Mashed Potatoes & Roll</p>	<p>1 Breakfast * Cinnamon Roll ◊ * Breakfast Sandwich</p> <p>Lunch * Steak or Chicken Tornado * Rippers ◊</p>	

® = Scratch and Fresh made recipes

◊ = Vegetarian or can be made Vegetarian

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