

University High School Menu
Lunch Menu May 21 thru June 13, 2012
Student lunch \$2.75 and Reduced Lunch .40

Questions or comments?
 Please call Laura Shields Director at (248)586-8703

Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, nutritious meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats.

Monday	Tuesday	Wednesday	Thursday	Friday
21 Baked Potato Bar Texas Chili Cheddar Cheese Sauce Steamed Broccoli Skim Milk/Choc. Skim Milk	22 Chicken Tenders Baked Curley Fries Seasoned Peas Skim Milk/Choc. Skim Milk	23 Buffalo Chicken Sandwich w/ Whole Grain Bun Baked Potato Wedges Steamed Corn Skim Milk/ Choc. Skim Milk	24 WG Mini Corn Dogs Baked Potato Wedges Steamed Green Beans Skim Milk/Choc. Skim Milk	25 Bosco Sticks w/Pizza Sauce Fresh Salad Bar Skim Milk/Choc. Skim Milk
28 Memorial Day	29 WG Chicken Nuggets Baked Curley Fries Green Beans Skim Milk/Choc. Skim Milk	30 Sloppy Joe w/Whole Grain Bun Dill Seasoned Peas Skim Milk/Choc. Skim Milk	31 Mashed Potato Bowl w/Popcorn Chicken Cheddar Cheese Sweet Corn Skim Milk/Choc. Skim Milk	June 1 Pizza Day Pepperoni or Cheese Fresh Salad Bar Skim Milk/Choc. Skim Milk
4 Nacho Bar w/ Seasoned Ground Beef Cheddar Cheese Sauce Pinto Beans Skim Milk/Choc. Skim Milk	5 Hot Dog Bar w/ Texas Chili Cheddar Cheese Sauce Sweet Corn Skim Milk/Choc. Skim Milk	6 BBQ Riblets Baked Beans Fresh Salad Bar Skim Milk/Choc. Skim Milk	7 Ground Beef Fajitas w/ Soft Shell Tortilla w/ Steamed Brown Rice Sautéed Peppers & Onions Skim Milk/Choc. Skim Milk	8 Bosco Sticks w/Pizza Sauce Fresh Salad Bar Skim Milk/Choc. Skim Milk
11 Half Day	12 Half Day	13 Half Day	14	15
			<p>Keep active! Sure it's hotter than heck, and few kids want to run around outdoors in the heat of the day. But find other ways to stay active. Encourage swim races at the pool and playing Manhunt after dusk. If all else fails, turn on the Wii in an air conditioned room. Keep exercise a part of your vacation too. Biking, jogging, and signing up for active activities, rather than lazing at the pool or beach, will do everyone's body and brain a whole lot of good.</p>	

Alternative Salad Bar Choices: Fresh Romaine Lettuce, Mixed Greens, Spinach, Fresh Greens, Different Legumes, Carrots, Celery, Peppers, Cucumbers, Broccoli, Cauliflower, onions, Tomatoes, Mushrooms, Green Bean Salad, Vegetable Pasta Salad, Confetti Coleslaw, Cabbage, Cut up Fresh fruit, Whole Fresh Fruit, Black Bean and Corn Salad, Chilled Apple sauce, Chilled Pears, Chilled Peaches, Chilled Fruit Cocktail, Chilled Cranberries, Red and Green Grapes, watermelon, pineapple, strawberries, pears, any many other seasonal choices.

We also Feature assorted Salads, Wraps, Subs, and Panini's every day



www.choosemyplate.gov/ for online personal wellness resources for you and your family.

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