



MAY | 2017

Chattanooga Girls Leadership Academy Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Whole Grain Cheese Quesadilla House Salad Bar featuring Jicama Choice of up to 2 Fruits* Choice of up to 1 Milk	2 Build Your Own Hamburger on Whole Grain Bun House Salad Bar featuring Corn Choice of up to 2 Fruits* Choice of up to 1 Milk Whole Grain Gingerbread Cookie	3 Build Your Own Pizza Diced Ham or Pepperoni House Salad Bar Featuring Kidney Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	4 Whole Grain Pizza Sticks Marinara Sauce Caesar Salad Bar featuring Lima Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	5 Whole Grain Breaded Chicken Patty Whole Grain Hamburger Bun featuring Garbanzo Beans Choice of up to 2 Fruits* Choice of up to 1 Milk
8 Whole Grain Cheese Quesadilla House Salad Bar featuring Jicama Choice of up to 2 Fruits* Choice of up to 1 Milk	9 Build Your Own Hamburger on Whole Grain Bun House Salad Bar featuring Corn Choice of up to 2 Fruits* Choice of up to 1 Milk	10 Whole Grain Personal Pizza Caesar Salad Bar featuring Great Northern Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	11 Whole Grain Soy Butter and Jam Sandwich Featuring Baked Potato Bar Choice of up to 2 Fruits* Choice of up to 1 Milk Whole Grain Goldfish Graham Cracker	12 Build Your Own Hamburger on Whole Grain Bun House Salad Bar featuring Baked Beans Choice of up to 2 Fruits* Choice of up to 1 Milk
15 Grilled Chicken Sandwich on Whole Grain Bun Caesar Salad Bar featuring Lima Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	16 Whole Grain Breaded Spicy Chicken Patty Whole Grain Hamburger Bun featuring Kidney Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	17 Whole Soy Butter and Jelly Sandwiches House Salad Bar featuring Blackeye Peas Choice of up to 2 Fruits* Choice of up to 1 Milk	18 Whole Grain Chicken Quesadilla House Salad Bar featuring Jicama Choice of up to 2 Fruits* Choice of up to 1 Milk	19 Build Your Own Turkey Burger on Whole Grain Bun House Salad Bar featuring Baked Beans Choice of up to 2 Fruits* Choice of up to 1 Milk
22 Grilled Chicken Salad Carrot and Celery Sticks Featuring Baked Potato Bar Whole Grain Roll Choice of up to 2 Fruits* Choice of up to 1 Milk	23 Whole Grain Pizza Sticks Marinara Sauce Caesar Salad Bar featuring Lima Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	24 Build Your Own Shaker Salad Diced Ham, Hard boiled eggs. Salad bar featuring Garbanzo Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	25 Whole Grain Breaded Spicy Chicken Sandwich on Whole Grain Bun House Salad Bar featuring Baked Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	26 Last Day of School No Students on Campus
29	30	31		

News

Lunch Includes

- **Choice of 1 Entrée (includes meat/ meat alternative & grain)**
- **Choice of up to 2 vegetable ***
- **Choice of up to 2 fruits ***
- **Choice of up to 1 Milk**

*** A lunch must include ½ cup of fruit or vegetable and 2 full other components**

*** Middle school students receive a maximum of 1 fruit with their lunch**

Other Daily Lunch Entrée Options:

➤ **Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Animal Crackers**

➤ **Yogurt and Whole Grain Granola with Sun Butter Cup and Whole Grain Goldfish Graham Cracker**