

Wilkes Barre Area CTC May Lunch Menu



Food Service Director: Tracy Mushinsky
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The Grille

Breaded Chicken Patty Sandwich offered Daily

Monday: BBQ Rib Sandwich
Tuesday: Taco Salad/ Bread Slice
Wednesday: Bacon Cheeseburger on a Bun
Thursday: Buffalo Chicken with Bread
Friday: Spicy Breaded Chicken Sandwich
*All Entrees are served with choice of fruit, vegetables & fat free milk

The Garden

Buffalo Chicken over Mixed Greens
Chicken Caesar Salad
Chef Salad over Mixed Greens
Assorted Reduced Calorie Dressings offered Daily*
All salads served with bread, choice of fruit & fat free milk

The Pizzeria

Plain & Pepperoni Pizza Served Daily

***Specialty Pizza Every* Wednesday**

*All Pizza served with choice of fruit, vegetables & fat free milk

MENUS SUBJECT TO CHANGE

Options

Monday	Tuesday	Wednesday	Thursday	Friday
5/1 Pierogies with Bread Sautéed Onions Green Beans Mixed Fruit Fat Free Milk	5/2 Chicken Po Boy Sandwich Cole slaw Mixed Vegetables Applesauce Fat Free Milk	5/3 Italian Dunkers Marinara Sauce Steamed Broccoli Diced Peaches Fat Free Milk	5/4 Potato Puff Bake With Dinner Roll Glazed Carrots Mandarin Oranges Fat Free Milk 	5/5 Cinco De Mayo!! Chicken Fajita Wrap With Toppings Spanish Rice Steamed Corn Pineapples Fat Free Milk Cinnamon Churro !!
5/8 Ham and Potato Au Gratin Baked Corn Bread Steamed Peas Applesauce Fat Free Milk	5/9 Cheesy Hot Dog on a Bun Baked Beans Diced Peaches Fat Free Milk	5/10 Grilled Cheese Sandwich With Tomato Soup Green Beans Diced Peaches Fat Free Milk	5/11 Pasta with Meat Sauce Baked Bread Stick Tossed Garden Salad Mixed Vegetables Mixed Fruit Fat Free Milk	5/12 Meatball Hoagie With Mozzarella Baked French Fries Pineapples Fat Free Milk
5/15 Pepperoni and Cheese Stromboli Steamed Broccoli Diced Peaches Fat Free Milk	5/16 Popcorn Chicken Mashed Potatoes with Gravy Steamed Corn Pineapples Fat Free Milk	5/17 Buffalo Chicken Macaroni and Cheese Baked Bread Slice Steamed Carrots Mixed Fruit Fat Free Milk	5/18 Wrap Attack (Cheeseburger Wrap) Baked French Fries Mandarin Oranges Fat Free Milk	5/19 Cheese Steak Hoagie with Toppings Mixed Vegetables Diced Peas Fat Free Milk
5/22 Breakfast for Lunch French Toast Sticks Sausage Links Tater Tots Mandarin Oranges Fat Free Milk	5/23 Grilled Chicken Cordon Blue Glazed Carrots Pineapples Fat Free Milk 	5/24 End of Year Picnic Cheeseburger or Hot Dog On a Bun Pasta Salad Corn on the Cobb Watermelon Slice Fat Free Milk	5/25 Wachos Waffle Fries with Toppings Refried Beans Diced Peaches Fat Free Milk	5/26 Pierogies with Bread Sautéed Onions Steamed Broccoli Applesauce Fat Free Milk
5/29 No School	5/30 Saucy Meatballs Over Rice with Bread Steamed Carrots Diced Peaches Fat Free Milk	5/31 Macaroni and Cheese Dinner Roll Green Beans Mandarin Oranges Fat Free Milk	 Whole Grains Available Daily	 
Monday Alternate BBQ Rib Sandwich	Tuesday Alternate Taco Salad/ Bread Slice	Wednesday Alternate Bacon Cheeseburger on a Bun	Thursday Alternate Buffalo Chicken/ Bread Slice	Friday Alternate Spicy Breaded Chicken Sandwich

The Deli

Assorted Hoagies & Wraps offered Daily

- Spicy Italian Hoagie
- Ham & Cheese Hoagie
- Turkey & Cheese Hoagie
- Chicken Caesar Wrap
- Buffalo Chicken Wrap
- Chicken Bacon Ranch Wrap

Deli items served with choice of fruit, vegetable & fat free milk

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

Vegetable Includes:
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

Fruits include:
Crisp Apple
Fresh Orange
Banana
Pineapple Tidbits
Diced Peas
Applesauce
Sliced Peaches
Mixed Fruit

*Students can take 1 full cup of vegetables & 1 full cup of fruit with your lunch

Milk

Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored

Proud to manage your food service program

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