

May 2023 KCAL/CHO Lunch Menu—High School

Frozen Fruit Cups

Strawberry 160/42
 Peach 80/19
 Mixed Berry 90/20
 Froot Jooce 90/22
 Tangerine Dragon 90/22
 Cherrymojo Froot Jooce 90/22

Fresh Fruit

Large Apple: 130/34
 Petite Banana: 87/24
 Naval Orange: 80/20
 Wild Blueberry Cups: 35/8

Other Fruit:

Craisins 110/27
 Raisins 120/29
 Applesauce Cup 125/29
 Sliced Peaches 60/14
 Dried Cranberries 110/28
 Mixed Fruit 60/17
 Diced Pears 48/13
 Apple Slices 30/7

Milk

Chocolate: 120/20
 Strawberry: 110/19
 1% White: 110/19
 Skim: 90/13
 Lactose Free: 90/13
 Soy: 150/21

Condiments:

Ketchup: 10/2
 Mayonnaise: 30/1
 Mustard: 5/0
 Texas Pete: 1.7/0
 Taco Sauce: 0/1
 Sour Cream: 60/1
 Salsa (2 TBSP): 15/3
 Ranch Packet: 50/1

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4 STAR WARS DAY!	Friday, May 5 Cinco De Mayo
Entrée: <i>Build Your Own</i> Popcorn Chicken Bowl 284/18 (Popcorn Chicken) w/Roll 180/34 Corn Dog 240/30 Vegetables: Mashed Potatoes 70/14 Steamed Corn 89/17	Entrée: Pepperoni Pizza 296/29 Cheese Pizza 321/29 Vegetables: Green Beans 25/4 Mixed Cali Veggies 43/6	Entrée: Mandarin Orange Chicken 160/12 w/Rice 392/85 Chicken & Vegetable Dumplings 252/33 Vegetables: Steamed Broccoli 19/3 Glazed Carrots 51/9	Entrée: Hamburger 240/26 Cheeseburger 274/27 Chicken Nuggets 237/16 w/Roll 180/34 Vegetables: Tater Tots 110/17 Fresh Veggie Cup 18/4	 Entrée: Walking Taco Seasoned Chicken 125/2 Cheese Sauce 87/2 Top N Go Doritos 190/28 Chicken Pizza Quesadilla 280/38 Vegetables: Black Beans 108/20 Fajita Veggies 44/10
	Entrée: Walking Taco Seasoned Chicken 125/2 Cheese Sauce 87/2 Top N Go Doritos 190/28 Mini Corndogs 249/30 Vegetables: Black Beans 108/20 Steamed Corn 89/17	Entrée: Crispy Oven Fried Chicken 220/6 Biscuit: 190/25 Cheese Dippers 404/32 w/Marinara 16/2 Vegetables: Sweet Potato Fluff 70/14 Green Beans 25/4 Baby Carrots 30/7	Entrée: Manager's Choice Entrée (See manager for daily menu) Vegetables: Manager's Choice Veggie (See manager for daily menu) Baby Carrot Snack Packs 30/7	Entrée: Pepperoni Pizza 296/29 Cheese Pizza 321/29 Fish Sandwich 280/39 Vegetables: Sweet Potato Fries 267/42 Fresh Cucumber Cup 11/3
Monday, May 15 Entrée: Mac & Cheese 299/32 w/Roll 180/34 Grilled Cheese 302/36 Vegetables: Fresh Broccoli Cup 9/2 Steamed Carrots 40/9	Tuesday, May 16 Entrée: Walking Taco Turkey Taco Meat 164/6 Cheese Sauce 87/2 Top N Go Doritos 190/28 Chicken Pizza Quesadilla 280/38 Vegetables: Black Beans 108/20 Steamed Corn 89/17	Wednesday, May 17 Entrée: Chicken Fillet Sandwich 380/39 Pepperoni & Cheese Calzone 270/33 Vegetables: Baby Carrots 30/7 Potato Wedges 133/19	Thursday, May 18 Entrée: BBQ Pulled Pork Sandwich 294/23 Hot Dog 280/33 Vegetables: Cole Slaw 191/9 Green Beans 25/4	Friday, May 19 Entrée: Pepperoni Pizza 296/29 Cheese Pizza 321/29 Fish Sandwich 280/39 Vegetables: Sweet Potato Fries 267/42 Fresh Veggie Cup 18/4
Monday, May 22 Entrée: <i>Build Your Own</i> Popcorn Chicken Bowl 284/18 (Popcorn Chicken) w/Roll 180/34 Corn Dog 240/30 Vegetables: Mashed Potatoes 70/14 Steamed Corn 89/17	Tuesday, May 23 Entrée: Walking Taco Turkey Taco Meat 164/6 Cheese Sauce 87/2 Top N Go Doritos 190/28 Chicken Pizza Quesadilla 280/38 Vegetables: Black Beans 108/20 Steamed Carrots 40/9	Wednesday, May 24 Entrée: Hamburger 240/26 Cheeseburger 274/27 Chicken Nuggets 237/16 w/Roll 180/34 Vegetables: Tater Tots 110/17 Mixed Cali Veggies 43/6	Thursday, May 25 Entrée: Sriracha Honey Chicken 212/27 w/Rice 392/85 Chicken & Vegetable Dumplings 252/33 Vegetables: Steamed Broccoli 19/3 Glazed Carrots 51/9	Friday, May 26 Entrée: Pepperoni Pizza 296/29 Cheese Pizza 321/29 Fish Sandwich 280/39 Potato Wedges 133/19 Vegetables: Green Beans 25/4 Fresh Veggie Cup 18/4
	Tuesday, May 30 Entrée: Walking Taco Seasoned Chicken 125/2 Cheese Sauce 87/2 Top N Go Doritos 190/28 Mini Corndogs 249/30 Vegetables: Black Beans 108/20 Steamed Corn 89/17	Wednesday, May 31 Entrée: Crispy Oven Fried Chicken 220/6 Biscuit: 190/25 Cheese Dippers 404/32 w/Marinara 16/2 Vegetables: Sweet Potato Fluff 70/14 Baby Carrots 30/7		

Cabarrus County Schools

North Carolina Department of
PUBLIC INSTRUCTION

Developed by the School Nutrition
 NCPPI and USDA are equal opportunity
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