

Menus for May 2019

LOGAN ROGERSVILLE HIGH SCHOOL MENUS

This institution is an equal opportunity provider.
Menus are subject to change.

Available Daily

BREAKFAST

**WHOLE GRAIN CEREAL & TOAST
FRESH FRUIT OR JUICE**

LUNCH

**1%OR FAT FREE MILK VARIETY
DELI BAR-WRAPPS & SANDWICHES**

SALAD BAR & FRESH FRUIT

ROTATION BAR

MONDAY- PIZZA OR PASTA

TUESDAY- TEX MEX

WEDNESDAY- STUFFED BAKED POTATO

THURSDAY- CHINESE BAR

FRIDAY- CHICKEN BASKET

Featured Specials of the Day

Wednesday, May 1

BACON BISCUIT

BEEF RAVOLI OR HOT DOG ON BUN
CORN ON COB, FRUIT VARIETY & FRESH FRUIT

Thursday, May 2

CHICKEN BISCUIT

MINI MEATBALL SUB OR BACON CHEESE
SANDWICH
COTTAGE CHEESE , & TOMATOES, FRUIT
VARIETY, FRESH FRUIT

Friday, May 3

BISCUIT & GRAVY

BUFFALO CHICKEN PIZZA OR CHEESE NACHOS
GREEN BEANS, FRUIT VARIETY, FRESH FRUIT
BONUS CHOCOLATE CHIP COOKIE

Monday, May 6

PEANUT/BUTTER/STRAWBERRY ON WHEAT

POPCORN CHICKEN BOWL OR
BACONCHEESEBURGER
COLESLAW, FRUIT VARIETY & FRESH FRUIT

Tuesday, May 7

BACON & CHEESY EGGS

BEEF AND NOODLES W/ ROLL OR MEATLOAF
SANDWICH
TATOR TOTS, 6OZ JUICE, FRESH FRUIT

Wednesday, May 8

SAUSAGE & BISCUIT

WALKIN TACO OR SPICY CHICK FILLET SAND
REFRIED BEANS, FRUIT VARIETY

Thursday, May 9

CHICKEN & WAFFLES

COUNTRY STEAK W/ROLL OR CORN DOG
MASHED POTATOES, ROASTED GRAVY, FRUIT
VARIETY, FRESH FRUIT

BONUS FRUIT JUICE BAR

Friday, May 10

CINNAMON TOAST CRUNCH BAR

FIESTADA PIZZA OR CHEESEBURGER
CORN, FRUIT VARIETY, FRESH FRUIT

SAFETY FIRST.



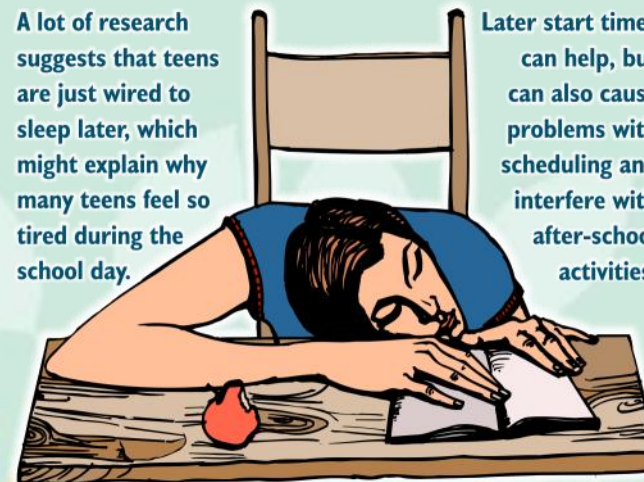
Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" – and not under a tree!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Mother's Day is Sunday, May 12
Don't forget Mom!



A lot of research suggests that teens are just wired to sleep later, which might explain why many teens feel so tired during the school day.



Later start times can help, but can also cause problems with scheduling and interfere with after-school activities.

Featured Specials of the Day

Monday, May 13

BISCUIT & GRAVY

TACO FRITO PIE OR PULLED PORK SAND
CARROTS & RANCH, FRUIT VARIETY, FRESH
FRUIT

Tuesday, May 14

SCRAMBLED EGGS & TOAST

FRENCH TOAST & LOW SODIUM SAUSAGE
OR ULTIMATE GRILLED CHEESE SANDWICH
HASHBROWN, SPICED APPLES, FRESH FRUIT

Wednesday, May 15

BACON & BISCUIT

PHILLY CHEESE STEAK OR PIZZA BAGEL
OVEN FRENCH FRIES, FRUIT VARIETY, FRESH
FRUIT

Thursday, May 16

CHICKEN BISCUIT

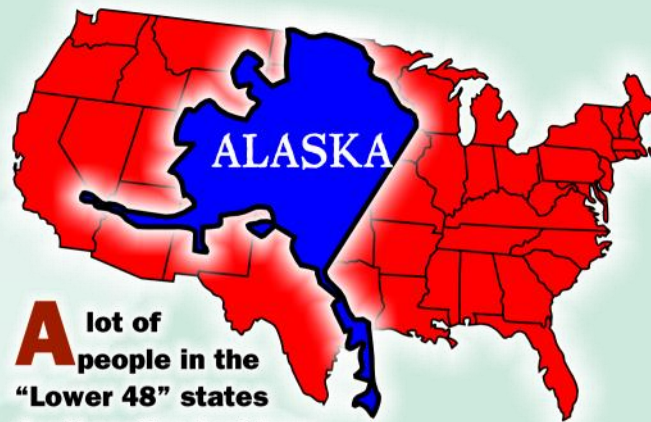
SPAGHETTI & MEATBALLS OR COUNTRY STEAK
SAND
CELERY STICKS, PEANUT BUTTER, FRUIT
VARIETY, FRESH FRUIT

Friday, May 17

BISCUIT & GRAVY

PIZZA CRUNCHERS OR HONEY BBQ PORK RIB
LR COOKS CHOICE
HOMESTYLE POTATO SALAD
FRUIT VARIETY & FRESH FRUIT

Please see the other page
for items available daily



A lot of people in the "Lower 48" states don't realize just how gigantic the state of Alaska is! The next three biggest states combined – Texas, California, and Montana – don't equal the size of Alaska. And if you could put Alaska inside the Lower 48 states, this is about what it would look like. The smallest state, Rhode Island, could fit into Alaska 425 times!

Featured Specials of the Day

Monday, May 20

PEANUT/BUTTER/STRAWBERRY ON WHEAT
BONELESS WINGS OR FISH HOAGIE SANDWICH
LR COOKS CHOICE
CORN, FRUIT VARIETY, FRESH FRUIT

Tuesday, May 21

BACON AND CHEEZY EGGS

CHEESE-STUFFED BREADSTICK OR
CHEESEBURGER
LR COOKS CHOICE
VEGGIE PASTA BLEND, FRUIT VARIETY, FRESH
FRUIT

Wednesday, May 22

SAUSAGE & BISCUIT

SLOPPY JOE ON BUN OR CHICKEN BREAST
FILLET SANDWICH
GREEN BEANS, FRUIT VARIETY, FRESH FRUIT

Congratulations and best of luck
to all members of the

Class of 2019



We'll look forward to seeing (and serving!) the rest of you again next fall. Thanks for your business this year!

eat fit

wanna stay fit?
gotta eat right!

item:
Chinese
carry-out

verdict:
consider
your sauces



tip: Although the nutritional content of Chinese food varies greatly, you can make it healthier. Look for dishes that feature vegetables instead of meat or noodles. Ask for extra broccoli, snow peas or other veggies. Avoid deep-fried stuff. Ask for brown rice instead of white. And get the sauce on the side or leave some of the sauce in the carton.

