



SHEA HIGH SCHOOL LUNCH MENU MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/29- 5/3: Available Daily: Tuna Salad Sandwich on Bulky Roll or Buffalo Chicken Salad w/Pretzel Rod				
		French Toast Sticks w/Sausage Roasted Potatoes 1	Steak Fajitas w/Peppers & Onions Street Corn Salad 2	Chili Garlic Chicken w/Lo Mein Noodles Asian Broccoli Salad 3
5/6- 5/10: Available Daily: Chicken Caesar Wrap or Italian Salad w/Flatbread				
Buffalo Chicken Dip w/Tortilla Chips Tricolor Peppers 6	Italian Flatbread Melt w/Basil Mayo Roasted Zucchini 7	Waffles w/Egg & Cheese Omelet Blueberry Compote 8	BBQ Chicken Basket Waffle Fries 9	Meatball Pomodoro Bowl Caesar Salad 10
5/13- 5/17: Available Daily: Fruit & Cheese Platter or Greek Chicken Salad				
Cubano Flatbread Spiral Fries 13	Tropical Chicken Bowl Green Beans 14	Tropical Chicken Bowl Zesty Orange Carrots 15	Tropical Chicken Bowl Honey Biscuit 16	Chicken Broccoli Alfredo w/Bread Stick Spinach Salad 17
5/20- 5/24: Available Daily: Bologna & Cheese on Pullman or Spinach Chef's Salad w/Chicken & Flatbread				
California Crispy Fish Sandwich Garden Salad 20	Country Popcorn Chicken Bowl Ranch Coleslaw 21	French Toast w/Sausage Fresh Fruit Salad 22	Sweet n' Sour Pineapple Chicken Bowl Edamame Salad 23	Philly Steak & Cheese Sub w/Peppers Crinkle Fries 24
5/27- 5/31: Available Daily: Italian Sandwich on Ciabatta or Baja Chicken Salad w/Tortilla Chips				
No School Memorial Day! 27	Chicken Dumplings Fried Rice 28	BYO Baked Potato Bar Charro Beans 29	Baked Penne Pasta Sautéed Spinach 30	Backyard Turkey Burger Spiral Fries 31



Available Daily: Burgers
Chicken Patties, Assorted Pizza Slices, Veggie Burgers &
Fresh Fruit Veggie Bar!

All Lunches Must Include Choice of:
Fruits and/or Vegetable
And May Include:
1% Low-Fat Milk

Aloha

Try This
Month's LTO

