

# MENUS FOR MAY 2012



## Alpena High School

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## Available Daily!

**Spicy Chickenburger on a bun**  
**Bosco Cheese-stuffed Breadsticks**  
**Quesadilla**  
**Pizza**  
**Uncrustable PB & J Sandwich**

*Always include a fruit, veggie  
and milk for a complete meal.*

*ALL customers must pay a la carte prices  
for incomplete meals, seconds and snacks!!*

## Featured Specials of the Day

### Tuesday, May 1

Homemade Potato Soup  
Fresh Baked Roll  
Veggie, Fruit and Milk

### Wednesday, May 2

Turkey & Gravy  
Mashed Potatoes, Fruit and Milk

### Thursday, May 3

Homemade Chicken Dumpling Soup  
Fresh Baked Oatmeal Roll  
Veggie, Fruit and Milk

### Friday, May 4

Tiger Burger  
Veggie, Fruit and Milk  
Ice Cream Sundae

### Monday, May 7

Nacho Grande with all the fixins'  
Veggie, Fruit and Milk

### Tuesday, May 8

Chicken Patty on a bun  
Tator Tots, Fruit and Milk

### Wednesday, May 9

Taco Salad with a Bosco Stick  
Fruit and Milk

### Thursday, May 10

Crispy Popcorn Chicken  
Hash Brown Potatoes, Fruit and Milk

### Friday, May 11

Macaroni & Cheese  
Homemade Roll  
Veggie, Fruit and Milk

## Breakfast Served Daily

**Sausage, Egg & Cheese  
on an English Muffin**  
**Breakfast Burrito**  
**Bagels**

**Pancake On A Stick**  
**Breakfast Rounds**

**Breakfast Pizza**

**Assorted Cereals**

**All breakfasts include  
a fruit or juice & a milk**

Full Paying Students \$1.65

Reduced Meals \$.30

Free to those who qualify

## Featured Specials of the Day

### Monday, May 14

Corn Dog  
Seasoned Fries, Fruit and Milk

### Tuesday, May 15

Sandwich Day!!  
Egg Salad, Tuna Salad or PB & J

Crispy Chips

Veggie, Fruit and Milk

### Wednesday, May 16

Cheeseburger on a bun  
Baked Beans, Fruit and Milk

### Thursday, May 17

Cheesy Pizza

Veggie, Fruit and Milk

### Friday, May 18

Toast Ham & Cheese Sub  
Veggie, Fruit and Milk

# 2

**BY THE NUMBERS**  
**ONLY TWO U.S. STATES -- NEW MEXICO  
AND ALASKA -- WERE COLDER THAN  
AVERAGE FOR THE 2011-2012 WINTER**

## Featured Specials of the Day

### Monday, May 21

Chicken Quesadilla  
Spanish Rice, Fruit and Milk

### Tuesday, May 22

Sloppy Joe on a bun  
Creamy Cole Slaw, Fruit and Milk

### Wednesday, May 23

Pasta Salad with a breadstick  
Veggie, Fruit and Milk

### Thursday, May 24

Tangerine Stir Fry  
Steamed Rice, Veggie, Fruit and Milk

### Friday, May 25

Fish Burger on a bun  
Veggie, Fruit and Milk

### Monday, May 28

**MEMORIAL DAY NO SCHOOL TODAY**

### Tuesday, May 29

Hot Dog or Coney Dog  
Fries, Fruit and Milk

### Wednesday, May 30

Breakfast for Lunch  
Sausage Pancake on a stick  
Hashbrown Potatoes, Juice and Milk

### Thursday, May 31

Cook's Choice  
Veggie, Fruit and Milk

**Have a Safe and  
Enjoyable Summer!**

## SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods.

Luckily, there's a cure for this condition: can you say fresh fruit?



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

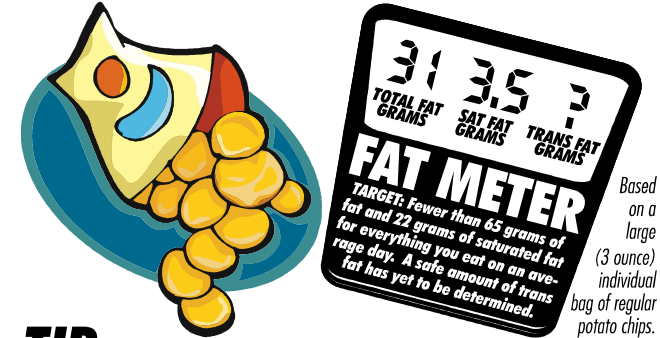


Congratulations and best of luck to all members of the Class of 2012.

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



**ITEM: Bag o' Chips VERDICT: Sack o' Fat**



Based on a large (3 ounce) individual bag of regular potato chips.

**TIP:** Seriously, it only takes about a ten-minute potato chip pig-out to blow half or more of your recommended fat for an entire day. So stick to the smallest bag (about 1 oz.) or take just a small handful from a bigger bag. Try the baked and lower-fat versions, too, but still try to eat just a handful.



Please See Reverse  
Side For Items  
Available Every Day