

May 1- May 31, 2023

**May Hampshire High School  
Breakfast and Lunch Menu  
Let's Go Trojans!**

MONDAY	TUESDAY	<b>WV WEDNESDAY</b> <b>State Grown &amp; Produced</b> <b>Products</b>	THURSDAY	FRIDAY
<p>1 B- YoGo Specialty Drink, Bagel w/ Cream Cheese, Yogurt, Banana, Juice, Milk</p> <p>L- Chicken Nuggets, Roll, Kidney Beans, Mandarin Oranges, Pudding Milk</p>	<p>2 <b>B -WV Pancake &amp; Sausage Sandwich</b>, Pineapple Cup, Juice, Milk</p> <p>L – Grilled Cheese Sandwich or Hot Dog w/ <b>WV Chili Sauce</b>, Sweet Potato Fries, Grapes, Milk</p>	<p>3 B- French Toast Sticks, Yogurt, Watermelon, Juice, Milk</p> <p>L- Steak Salad w/ Fries or Steak &amp; Cheese Sub, Apple, Mandarin Oranges, Milk</p>	<p>4 B - Breakfast Pizza, Strawberry Cup, Juice, Milk</p> <p>L – Pizza Choice (Buffalo/ Pepperoni/ Cheese) or Calzone, Tropical Fruit, Milk</p>	<p>5 B- Egg &amp; Cheese Omelet, Yogurt, Applesauce Cup, Juice, Milk</p> <p>L- Mac &amp; Cheese Bowl w/ Chicken Strips or Popcorn Chicken, Peaches, Milk</p>
<p>8 B- YoGo Specialty Drink, Sausage Egg &amp; Cheese Sandwich, Juice, Cantaloupe, Yogurt, Milk</p> <p>L- Salisbury Steak, Mashed Potatoes, Green Beans, Pears, Milk</p>	<p>9 B – Egg &amp; Cheese Omelet, Peach Cup, Juice, Milk</p> <p>L-Smokehouse Burgers w/ BBQ Sauce &amp; Onion Rings (<b>WV Hamburger</b>) or Cheeseburger, Cole Slaw, Mixed Fruit, Milk</p>	<p>10 B - <b>WV Chicken Biscuit Sandwich</b>, Strawberry Cup, Juice, Milk</p> <p>L- <b>WV Chili</b> W/ Cinnamon Roll or <b>WV Pulled Pork</b> Sandwich, Corn, Peaches, Milk</p>	<p>11 B- Pancake Parfait, Juice, Apple Slices, Milk</p> <p>L – Tangerine Chicken, Fried Rice, Steamed Broccoli, Mandarin Oranges, Milk</p>	<p>12 B – Breakfast Burrito, Diced Pear Cup, Juice, Milk</p> <p>L- Rigatoni w/ Sauce or Pork Rib Patty, Steamed Carrots, Pears, Milk</p>
<p>15 B-Breakfast Pizza, Pineapple Cup, Juice, Milk</p> <p>L –Hot Dog, Waffle Fries, Baked Beans, <b>WV Ranch Flavored Cheese Rounds</b>, Mandarin Oranges, Milk</p>	<p>16 B - Mini Maple Pancakes, Yogurt, Orange, Juice, Milk</p> <p>L-Mashed Potato Bowl w/ Popcorn Chicken or Chicken Patty Sandwich, Corn, Peaches, Milk</p>	<p>17 B – Cinnamon Roll Minis, Yogurt, Applesauce Cup, Juice, Milk</p> <p>L- Spaghetti w/ <b>WV Meat sauce</b> or Cheesy Pull Aparts Italian Cheeses &amp; Garlic, <b>WV Ranch Flavored Cheese Round</b>, Banana, Milk</p>	<p>18 B – Cereal Choice, Yogurt w/Mix-In, Banana, Juice, Milk</p> <p>L- Tomato Soup, Grilled Cheese Pineapple, Milk</p>	<p>19 B - Cereal, Peach Cup, Juice, Milk</p> <p>L Chicken Fajita Wrap or Chicken Fajita Salad, Mixed Fruit, Milk</p>
<p>22 B- YoGo Specialty Drink, Breakfast Pizza, Banana, Juice, Milk</p> <p>L- Chicken Strips, Waffle Fries, Baked Beans, Cornbread, Tropical Fruit, Apple, Milk</p>	<p>23 B- Donut or Banana Split Breakfast Bar &amp; Orange, Juice Milk</p> <p>L- Chicken Alfredo or Chicken Biscuit Sandwich, Peas, Banana, Milk</p>	<p>24 B – Mini Pancakes, Yogurt Diced Strawberry Cup, Juice, Milk</p> <p>L- <b>WV Chili</b> &amp; Cheese Fries or Pretzels &amp; Chili &amp; Cheese Sauce, Mixed Fruit, Milk</p>	<p>25 B – Snack'n Waffle, Yogurt, Mandarin Orange Cup, Juice, Milk</p> <p>L- Taco Bar (<b>WV taco meat</b>, cheese, chips, salsa) Kidney Beans, Orange, Milk</p>	<p>26 <b>B-</b>, Soft Pretzel w/ Cheese, Yogurt, Juice, Strawberry Cup, Milk</p> <p>L- Boneless Chicken Wings or Cheesy Pull Apart Southwest Queso, Apple, Milk</p>
<p>30 Cook's Choice Day</p>	<p>31 Cook's Choice Day</p>			

This institution is an equal opportunity provider.

\*\*\* Menu subject to change due to inclement weather and product availability\*\*\*