

MAY | 2019

Somerset High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	1 Fish Sandwich Or Grilled Chicken on bun Sandwich Toppins Tater Tots, Cole Slaw Fresh Veggie Bar WG Cookie Choice of Fruit & Milk	2 General Tso Chicken/ roll Or Beef & Bean Burrito Brown Rice Buttered Carrots Roasted Vegetable Fresh Veggie Bar Choice of Fruit & Milk	3 Managers Choice Menu will be posted in cafeteria by Thursday.
6 Cheeseburger Or Spicy Chicken Sandwich Sandwich Toppins Tater Tots, Baked Beans Fresh Veggie Bar Choice of Fruit & Milk	7 Hillbilly Nachos Or Cheese Ravioli & WG Roll Whole Kernel Corn Steamed Veggie Blend Fresh Veggie Bar Choice of Fruit & Milk	8 Chili Dog or BBQ Chicken on bun Tater Tots, Cole Slaw Fresh Veggie Bar WG Cookie Choice of Fruit & Milk	9 Little Caesars Pizza Or Ham & Cheese Wrap Baby Carrots & Dip French Fries Fresh Veggie Bar Frozen Fruit Cup Choice of Fruit & Milk	10 Managers Choice Menu will be posted in cafeteria by Thursday
13 Taco Stick Or BBQ Beef Sandwich Salsa, Refried Beans Buttered Carrots Fresh Veggie Bar Frozen Fruit Cup Choice of Fruit & Milk	14 Cheeseburger or Grilled Chicken on bun Sandwich Toppins Tater Tots, Buttered Corn Fresh Veggie Bar Vegetarian Beans Fresh Fruit & Milk	15 Salisbury Steak Or Pork Roast & Gravy Mashed Potatoes Green Beans, Peas Veggie Bar, WG Roll Choice of Fruit & Milk	16 General Tso Chicken Or Ham & Pineapple Brown Rice, WG Roll Steamed Veggie Blend Fresh Veggie Bar Choice of Fruit & Milk	17 Managers Choice Menu will be posted in cafeteria by Thursday
20 Spicy Chicken Tenders Or Ham & Pineapple Mashed Potatoes Green Beans, WG Roll Fresh Veggie Bar Choice of Fruit & Milk	21 NO SCHOOL	22 Cheese Pizza or Pepperoni Pizza Steamed Veggie Blend Whole Kernel Corn Fresh Veggie Bar Assorted Fruit Choice of Milk	23 Congratulations To the Class of 2019! Managers Choice Menu to be posted in Cafeteria	24 See Everyone Next Year Have a Great Summer
27	28	29	30	31

News

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Despite the popularity of perennial favorites like apples and oranges, the most widely consumed fruit in the world is the mango. Mangos are a low calorie fruit, high in fiber & a great source of vitamins A and C.