

hello

MAY

Monticello High School and Middle
School Lunch Menus, May 2025

May Nutrition Facts of the Month!

- **Eggplants are Berries!**- Botanically they are berries, when cooked they are considered vegetables.
- **Figs are Flowers:** Technically they are growing around extremely tiny seeds.
- **Avocados:** Are a superfood, they are rich in Potassium
- **Add more Iron without trying:** Cook in a Cast Iron Skillet and you will naturally increase the iron content in your food.
- **Lemons boost immunity-** High in Vitamin C.
- **Carrots-** They get sweeter in the winter while they convert their starches to sugars to prevent freezing.

April 28th - May 2nd

All Menus are
Subject to
Change

Tuesday 4.29.25

Hot Entree-

Breakfast for Lunch!

WG Biscuit w./ Fresh Strawberry
Sauce, Cheese Omelet, Sliced Ham,
Zesty Sweet and White Potatoes,
Orange Wedges

Daily Specials Rotation-
Southwest Salad
Black Bean or a Cheeseburger
Southwest Chicken
Wrap
Peach Yogurt
Parfait with Granola

Thursday 5.1.25

Hot Entree-

Peruvian Pulled Pork Sub
with a Spicy Cilantro Mayo and
Veggies, Seasoned Plantains, and a
Tossed Romaine Salad

Daily Specials-
Tabbouleh with Feta and Greens
Black Bean Burger or a Cheeseburger
Sesame Chicken Asian Noodles with Greens
Italian Combo Wrap
Pineapple Yogurt Parfait with Granola
Pizza

DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED
FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS
CHARCUTERIE TO-GO KITS



Monday 4.28.25

Hot Entree-

Chicago Hot Dogs with toppings of
Tomatoes, Onions, Peppers, Pickles,
Mustard, and served with Baked
Beans and Potato Wedges.

Daily Specials Rotation-
Mediterranean Quinoa Salad with Feta
Veggie Burgers or a Cheeseburger
Thai Style Salad with Chicken
Raspberry Yogurt Parfait with Granola
Pizza

Wednesday 4.30.25

Hot Entree-

Roasted Season Chicken Thighs with an
Arugula Lemon Pesto Salad and Peas

Daily Specials Rotation-
Cottage Cheese & Veggies with Breadstick
Veggie Burgers or a Cheeseburger
Tuna Salad with Greens
Sesame Ginger Tuna Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Friday 5.2.25

Hot Entree-

Assorted WG Pizza Choices served
Roasted Chick Peas and a
Watermelon Cucumber Salad with
Feta

Daily Specials-
Southwest Caesar Salad
Veggies Burgers or a Cheeseburger
Egg Salad with Greens
California Wrap Mixed
Yogurt Parfait with Granola

May 5th - 9th



Monday 5.5.25

Hot Entree-

Build your Taco Salad
Seasoned Beef, Black Beans,
Refried Beans, Crisp Romaine,
Cheddar, Tomatoes, Red Onion,
Guacamole, Arroz Con Queso,
Salsa, Black Olives, Sour Cream

Tuesday 5.6.25

Hot Entree-

Chefs Choice dependent on
building

Daily Specials-

Turkey Salads, Ham Salads
Veggie Burgers or a Cheeseburger
Thai Style Salad with Chicken
Raspberry Yogurt Parfait with Granola

Wednesday 5.7.25

Hot Entree-

Baked Buffalo Chicken Rice Bowl
with Celery and Carrot Sticks, Ranch
or Blue Cheese for Dipping and
Tostitos

Daily Specials-

Black Bean Burger or a Cheeseburger
Sesame Chicken Asian Noodles with Greens
Italian Combo Wrap
Pineapple Yogurt Parfait with Granola

Thursday 5.8.25

Hot Entree-

Build your own Baked Potato!
Bacon, Cheese Sauce, Broccoli,
Green Onion, Sour Cream,
Seasoned Beef, Dinner Roll

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Friday 5.9.25

Hot Entree-

Assorted WG Pizza Choices served
with Caesar Salad, Roasted Zucchini
and Squash

Daily Specials-

Southwest Caesar Salad
Veggies Burgers or a Cheeseburger
Egg Salad with Greens
California Wrap Mixed
Yogurt Parfait with Granola

DAILY OFFERINGS:

ASSORTED MILK VARIETY

ASSORTED FRESH AND CANNED

FRUIT

SALAD BAR

ASSORTED WG SANDWICHES

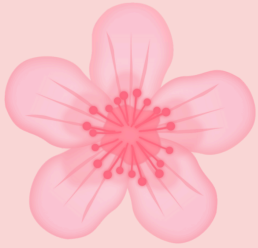
ASSORTED WG WRAPS

WG PB&J W/ CHEESE STICK

SPECIALTY SALADS

CHARCUTERIE TO-GO KITS





May 12th- 16th

All Menus are
Subject to Change

DAILY OFFERINGS:

- ASSORTED MILK VARIETY
- ASSORTED FRESH AND CANNED
FRUIT
- SALAD BAR
- ASSORTED WG SANDWICHES
- ASSORTED WG WRAPS
- WG PB&J W/ CHEESE STICK
- SPECIALTY SALADS
- CHARCUTERIE TO-GO KITS



Monday 5.12.25

Hot Entree-

Bone-In Chicken Thighs w/ Gravy,
Stuffing, and a side of Garlic Green
Beans

Daily Specials Rotation-

- Mediterranean Salad with Feta
- Veggie Burgers or a Cheeseburger
- Thai Style Salad with Chicken
- Siracha Chicken Wrap
- Raspberry Yogurt Parfait with Granola

Tuesday 5.13.25

Hot Entree-

Cowboy Burger with BBQ Sauce,
Sauteed Mushrooms, Onions, and a
side of Spiced Fresh Yams

Daily Specials Rotation-

- Cottage Cheese & Veggies with Breadstick
- Veggie Burgers or a Cheeseburger
- Tuna Salad with Greens
- Sesame Ginger Tuna Wrap
- Raspberry Yogurt Parfait with Granola

Wednesday 5.14.25

Hot Entree-

Mac and Cheese with seasoned
Peas

Daily Specials Rotation-

- Southwest Quinoa Salad
- Black Bean Burger or a Cheeseburger
- Southwest Chicken
- Caesar Hot Cuban Wrap
- Peach Yogurt Parfait with Granola

Thursday 5.15.25

Hot Entree-

Roasted Jerk Pork Loin with a side
of Plantains, Black Beans and Rice

Daily Specials Rotation-

- Cottage Cheese Salad w/ Greens
- Black Bean Burger or a Cheeseburger
- Sesame Chicken Asian Noodles with Greens
- Italian Combo Wrap
- Pineapple Yogurt Parfait with Granola

Friday 5.16.25

Hot Entree-

Assorted WG Pizza Choices
served with Tossed Salad

Daily Specials Rotation-

- Southwest Caesar Salad
- Veggies Burgers or a
Cheeseburger
- Egg Salad with Greens
- California Wrap Mixed
Yogurt Parfait with Granola

May 19th-23rd



Monday- 5.19.25

Hot Entree-
Pulled Chicken and Biscuits
w/ Gravy and Tossed Salad

Daily Specials Rotation-
Hummus w. Pita Chips and Greens
Buffalo Chicken Salad
Thai Chicken Wrap
Yogurt Parfait
Cheeseburger

Tuesday 5.20.25

Hot Entree-
Swedish Meatballs with Brown Gravy
over Egg Noodles and a side of mixed
Vegetables

Daily Specials Rotation-
Southwest Quinoa Salad
Black Bean Burger or a Cheeseburger
Southwest Chicken
Peach Yogurt Parfait with Granola

Wednesday 5.21.25

Hot Entree-
Chicken Tinga with a side of Rice
and Black Beans

Daily Specials Rotation-
Black Bean Burger or a Cheeseburger
Sesame Chicken Asian Noodles with Greens
Italian Combo Wrap
Pineapple Yogurt Parfait with Granola

Thursday 5.22.25

Hot Entree-
Assorted Pizza Choices with Veggie
Sticks and Greek Salad

Daily Specials Rotation-
Hummus with Pita Chips and Greens
Veggie Burgers or a Cheeseburger
Chef Salad with Ham and
a Hard Boiled Egg
General Tso's Wrap
Strawberry Yogurt Parfait with Granola

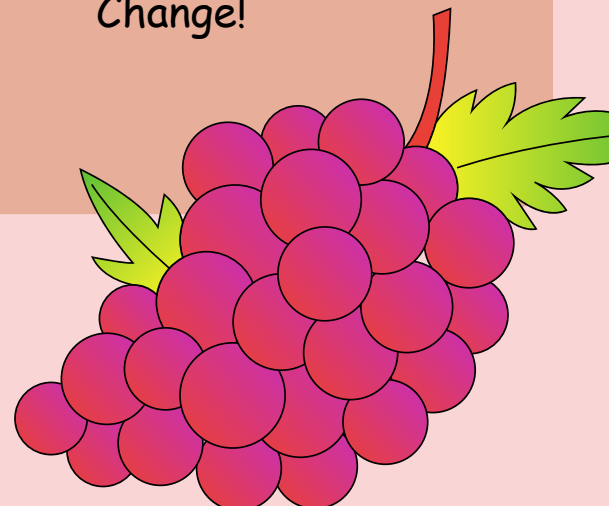


DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED
FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS
CHARCUTERIE TO-GO KITS

Friday 5.23.25

MCSO- Give Back Day, Subject to
Change!



All Menus are
Subject to Change



May 26th-30th

Monday- 5.26.25

MCS D CLOSED
MEMORIAL DAY

Tuesday 5.27.25

MCS D- GIVE BACK DAY,
Subject to change!

Wednesday 5.28.25

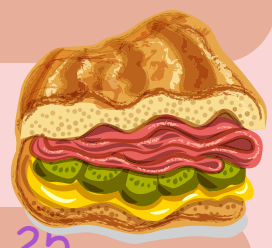
Hot Entree-
Pasta with Meat Sauce
served with a side of Italian Vegetable
Blend

Daily Specials Rotation-
Black Bean Burger or a Cheeseburger
Sesame Chicken Asian Noodles with Greens
Italian Combo Wrap
Pineapple Yogurt Parfait with Granola

Thursday 5.29.25

Hot Entree-
Cuban Sandwiches with Turkey, Honey
Mustard, Pickles, Swiss Cheese
and a side of Sweet Potato Fries

Daily Specials Rotation-
Hummus with Pita Chips and Greens
Veggie Burgers or a Cheeseburger
Chef Salad with Ham and
a Hard Boiled Egg
Siracha Chicken Wrap
Strawberry Yogurt Parfait with Granola



DAILY OFFERINGS:

- ASSORTED MILK VARIETY
- ASSORTED FRESH AND CANNED FRUIT
- SALAD BAR
- ASSORTED WG SANDWICHES
- ASSORTED WG WRAPS
- WG PB&J W/ CHEESE STICK
- SPECIALTY SALADS
- CHARCUTERIE TO-GO KITS

Friday 5.30.25

Hot Entree-
Assorted WG Pizza Choices served
Three Bean Salad

Daily Specials Rotation-
Hummus w. Pita Chips and Greens
Buffalo Chicken Salad
Thai Chicken Wrap
Yogurt Parfait
Cheeseburger

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