



Staples High School: MAY 2017

Monday-1	Tuesday-2	Wednesday-3	Thursday-3	Friday-5
BREAKFAST				
French Toast	Build Your Own Omelet	Top Your Own Pancakes	Breakfast Pizza	Breakfast Panini
CREATE				
Build Your Own Pasta Bar	Taco Tuesday	Chicken Tender and Waffles	Baked Ziti	Build Your Own Burrito
GRILL'D				
Crispy Chicken Ranchero	Build Your Own Burger Bar	Buffalo Chicken Wrap	Build Your Own Burger Bar	Buffalo Chicken Wings
Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily				
2MATO				
Margherita Pizza	Cheeseburger Pizza	Fiesta Chicken Pizza	Buffalo Chicken Pizza	Spinach and Cheese Calzone
Cheese and Pepperoni Pizza Daily				
PANINI				
Chicken BLT Panini	Grilled Cheese with Bacon	Buffalo Chicken Panini	Roast Beef and Cheddar	Grilled Veggie Panini
ON THE GO SALADS & SANDWICHES				
Buffalo Chicken Wrap Tomato Mozzarella Garden Salad				
SO DELI				
Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings & Bread				
ON THE GO SNACK BAR				
Build Your Own Chicken Wing Bar-By The Ounce International Theme Changes Weekly!				

MONTHLY FOOD FOCUS: May's Food Focus is Berries! Berries are packed with important vitamins and nutrients, such as vitamin C, antioxidants, and fiber. These are all helpful in keeping your body healthy. Some of those nutrients have been shown to help build your immune system so you can fight off illnesses, control blood sugar for people with diabetes, and protect against many forms of cancer.



Have Questions?

Deborah Vancoughnett
Director of Dining Services
(203) 341-2431



Staples High School: MAY 2017

Monday-8	Tuesday-9	Wednesday-10	Thursday-11	Friday-12
BREAKFAST				
Sausage Egg and Cheese	Build Your Own Omelet	Top Your Own Pancakes	Breakfast Pizza	Breakfast Panini
CREATE				
Made to Order Sushi	Macaroni and Cheese	Carolina Pulled Pork Sandwich	Build Your Own Pasta	Chicken Tender Bar
GRILL'D				
Crispy Chicken Ranchero	Burger Bar	Chicken Parm Sandwich	Burger Bar	Buffalo Wings
Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily				
2MATO				
Sausage Pizza	Philly Cheese Pizza	Meatball Pizza	Buffalo Chicken Pizza	Sausage and Cheese Calzone
Cheese and Pepperoni Pizza Daily				
PANINI				
Chicken Fajita Panini	Vegetarian Flatbread	Meatball Grinder	Buffalo Chicken Panini	Turkey and Swiss
ON THE GO SALADS & SANDWICHES				
Ham and Cheddar and Fajita Chicken Salad				
SO DELI				
Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings & Bread				
ON THE GO SNACK BAR				
Build Your Own Homestyle Chili Bar				

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Staples High School: MAY 2017

Monday-15	Tuesday-16	Wednesday-17	Thursday-18	Friday-19
BREAKFAST				
French Toast	Top Your Own Omelet	Top Your Own Pancakes	Breakfast Pizza	Breakfast Panini
CREATE				
Sloppy Joe with Tater Tots	Build Your own Pasta Bar	Chicken Quesadilla	Asian Noodle Bowl	Breakfast for Lunch
GRILL'D				
Crispy BBQ Chicken Ranchero	Burger Bar	Meatball Grinder	Burger Bar	Buffalo Wings
2MATO				
Meatball Pizza	Philly Cheesesteak Pizza	Sausage Pizza	Buffalo Chicken Pizza	Italiano Calzone
PANINI				
Buffalo Chicken Panini	Veggie and Cheese Wrap	Chicken Parmesan Grinder	Ham and Cheddar Panini	Chicken Bacon Ranch Panini
ON THE GO SALADS & SANDWICHES				
Roast Beef and Cheddar Hummus and Veggies				
SO DELI				
Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings & Bread				
ON THE GO SNACK BAR				
Build Your Own Pho Bowl-By The Ounce International Theme Changes Weekly!				

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Staples High School: MAY 2017

Monday-22	Tuesday-23	Wednesday-24	Thursday-25	Friday-26
BREAKFAST				
Breakfast Burrito	Build Your Own Omelet	Top Your Own Pancakes	Breakfast Pizza	Breakfast Panini
CREATE				
Made To Order Sushi	Build Your Own Pasta Bar	Steak and Cheese with Fries	Fettucine Carbonara	Build Your Own Taco Bar
GRILL'D				
Crispy Chicken Ranchero	Build Your Own Burger Bar	Crispy Buffalo Chicken Grinder	Build Your Own Burger Bar	Buffalo Chicken Wings
Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily				
2MATO				
Margherita Pizza	Sausage Pizza	Chicken Fajita Pizza	Meatball Pizza	Ham and Cheese Calzone
Cheese and Pepperoni Pizza Daily				
PANINI				
Sausage and Pepper Grinder	Italian Combo Panini	Pastrami Reuben Panini	BBQ Chicken Panini	Chicken Bacon Cheddar Melt
ON THE GO SALADS & SANDWICHES				
Ham and Cheddar Sandwich Tuna Scoop Salad				
SO DELI				
Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings & Bread				
ON THE GO SNACK BAR				
Build Your Own Nacho Bar-By The Ounce International Theme Changes Weekly!				

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Staples High School: MAY 2017

Monday-29	Tuesday-30	Wednesday-31	Thursday	Friday
BREAKFAST				
Memorial Day	Build Your Own Omelet	Top Your Own Pancakes		
CREATE				
Memorial Day	Build Your Own Pasta Bar	Chicken Parmesan		
GRILL'D				
Memorial Day	Build Your Own Burger Bar	Crispy Buffalo Chicken Grinder		
Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily				
ZMATO				
Memorial Day	Sausage Pizza	Chicken Fajita Pizza		
Cheese and Pepperoni Pizza Daily				
PANINI				
Memorial Day	Italian Combo Panini	Pastrami Reuben Panini		
ON THE GO SALADS & SANDWICHES				
Ham and Cheddar Sandwich Tuna Scoop Salad				
SO DELI				
Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings & Bread				
ON THE GO SNACK BAR				
Build Your Own Chicken Wing Bar-By The Ounce International Theme Changes Weekly!				

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