

MENUS FOR MAY 2012



UXBRIDGE HIGH SCHOOL

Monday, April 30

Choice of One

Mini Corn Dogs
Turkey, Bacon, Cheddar Salad
Hot & Cold Sandwich Bar
PAPA GINO'S PIZZA

Served with

Potato Smiles
Fresh Apple
Pudding Cup
Choice of Milk

Tuesday, May 1

Choice of One

Rodeo Burger
Southwest Chicken Salad
Hot & Cold Sandwich Bar
Stuffed Crust Pizza

Served with

Crunchy Baby Carrots
Mini Bag of Cape Cod Chips
Warm Peach Cobbler
Choice of Milk

Wednesday, May 2

Choice of One

Chicken Scampi
Lomein Salad
Hot & Cold Sandwich Bar
Pepperoni Pizza

Served with

Garlic Green Beans
Wheat Bread Stick
Orange Wedges
Choice of Milk

Thursday, May 3

Choice of One

Pulled Pork Sandwich
Buffalo Chicken Caesar Salad
Hot & Cold Sandwich Bar
Sausage Pizza

Served with

Golden Corn
Baked Beans
Fresh Grapes
Choice of Milk

Friday, May 4

Choice of One

Spartan Sampler
Wings, mozz stick & onion rings
Salad Bar
Hot & Cold Sandwich Bar

Served with

Cheese Pizza
Served with
Celery Sticks
Pasta Salad
Fruit of the Day
Choice of Milk

PRICES:

Lunch 3.00
Reduced Lunch: .40
Milk .65
Breakfast 1.25
Reduced
Breakfast .30

Menu Subject To Change

Questions, comments or concerns,

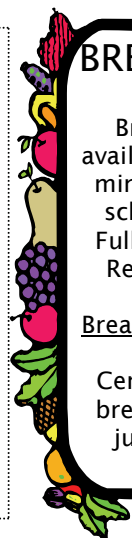
Call Janice Watt
Food Service Director
At 508-278-8644
jwatt@uxbridge.k12.ma.us

BREAKFAST

Breakfast is available daily 10 minutes before school starts:
Full price: 1.25
Reduced: .40

Breakfast choices are:

Cereal, yogurt, breakfast bars, juice & milk



Monday, May 7

Choice of One

Popcorn Chicken
Antipasto Salad
Hot & Cold Sandwich Bar
French Bread Pizza

Served with

Veggie Medley
Garlic Herb Pasta
Fruit of the Day
Choice of Milk

Tuesday, May 8

Choice of One

French Toast & Sausage
Yogurt Berry Parfait
Hot & Cold Sandwich Bar
Cheese Pizza

Served with

Potato Pancakes
Blue Raspberry Juice
Pudding
Choice of Milk

Wednesday, May 9

Choice of One

Pasta & Meatballs
Tortellini Salad
Hot & Cold Sandwich Bar
Uno's Cheese Pizza

Served with

Caesar Salad
Soft Bread Stick
Chilled Peaches
Choice of Milk

Thursday, May 10

Choice of One

Chili Cheese Nachos
Chicken Caesar Salad
Hot & Cold Sandwich Bar
Meatball Pizza

Served with

Texas Caviar
Veggie Sticks & Dip
Apple Crisp
Choice of Milk

Friday, May 11

Choice of One

Steak & Cheese Sub
Salad Bar
Hot & Cold Sandwich Bar
Stuffed Crust Pizza

Served with

Curly Fries
Strawberries & Bananas
Otis Cookie
Choice of Milk

Monday, May 14

Choice of One

Chicken Tenders
Turkey, Bacon & Cheddar Salad
Hot & Cold Sandwich Bar
Cheese Pizza

Served with

Broccoli & Cheese Sauce
Fresh Fruit
Mini Bag of Doritos
Choice of Milk

Tuesday, May 15

Choice of One

Ham & Cheese Panini
Buffalo Chicken Caesar Salad
Hot & Cold Sandwich Bar
Giorgio Pizza

Served with

Oven Fries
Oranges
Graham Crackers
Choice of Milk

Wednesday, May 16

Choice of One

Beef & Cheese Lasagna
Southwest Chicken Salad
Hot & Cold Sandwich Bar
Buffalo Chicken Pizza

Served with

Zucchini Italian Style
Sliced Italian Bread
Fresh Melon
Choice of Milk

Thursday, May 17

Choice of One

Thanksgiving Bowl
Turkey, Cranberry & Ched Salad
Hot & Cold Sandwich Bar
White Pizza

Served with

Glazed Carrots
Soft Dinner Roll
Strawberry Shortcake
Choice of Milk

Friday, May 18

Choice of One

Pizza Sticks & Sauce
Salad Bar
Hot & Cold Sandwich Bar
Pizza for One

Served with

Cucumbers & Hummus
Tortilla Chips & Salsa
Pears & Cherries
Choice of Milk



MOTHER'S DAY - MAY 13, 2012
FATHER'S DAY - JUNE 17, 2012



NUTRITION TO GO

A stuffed baked potato makes for a fantastic meatless meal! The potato is one of the most nutritious foods of all, with almost no fat, lots of nutrients, and about 1/4 of your daily fiber. Watch the stuffings, though -- a load of butter adds a load of fat. A tablespoon or two of reduced-fat sour cream is a good substitute.

A TASTY MORSEL FOR PARENTS

UHS 5/12

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!

Monday, May 21

Choice of One

Mashed Potato Bowl
 Yogurt Berry Parfait
 Hot & Cold Sandwich Bar
 Bagel Pizza

Served with

Roasted Sweet Potatoes
 Wheat Dinner Rolls
 Applesauce
 Choice of Milk

Tuesday, May 22

Choice of One

BBQ Chicken & Cheddar Sub
 Asian Chicken Salad
 Hot & Cold Sandwich Bar
 Stuffed Crust Pizza

Served with

Carrot Slaw
 Uncle Ben's Seasoned Rice
 Peach Blueberry Cobbler
 Choice of Milk

Wednesday, May 23

Choice of One

Chicken Parmesan & Pasta
 Chef Salad
 Hot & Cold Sandwich Bar
 French Bread Pizza

Served with

Garlic Green Beans
 Wheat Bread Stick
 Kiwi
 Choice of Milk

Thursday, May 24

Choice of One

Beef Nachos
 Buffalo Chicken Caesar Salad
 Hot & Cold Sandwich Bar
 PAPA GINOS PIZZA

Served with

Refried Beans
 Golden Corn
 Fresh Banana
 Choice of Milk

Friday, May 25

Choice of One

Cheesy Bread
 Salad Bar
 Hot & Cold Sandwich Bar
 Taco Pizza

Served with

Broccoli & Dip
 Pasta Salad
 Whole Fruit Juice Bar
 Choice of Milk

Monday, May 28



No School Today

Tuesday, May 29

Choice of One

Beef Burrito
 Chicken Caesar Salad
 Hot & Cold Sandwich Bar
 Chicken Fajita Pizza

Served with

Black Beans & Corn Salad
 Cucumber Slices
 Fresh Apple
 Choice of Milk

Wednesday, May 30

Choice of One

Chicken, Broccoli & Ziti
 Chicken Dijon Salad
 Hot & Cold Sandwich Bar
 Pepperoni Pizza

Served with

Garden Salad
 Italian Bread
 Apple Crisp & Vanilla Ice Cream
 Choice of Milk

Thursday, May 31

Choice of One

Baked Chicken
 Buffalo Chicken Caesar
 Hot & Cold Sandwich Bar
 Giorgio's Cheese Pizza

Served with

Rice Pilaf
 Chef's Choice Hot Veggie
 Mixed Fruit
 Choice of Milk

Friday, June 1

Choice of One

New! Meatloaf
 Salad Bar
 Hot & Cold Sandwich Bar
 Sal's Pizza

Served with

French Fries
 Cornbread
 Watermelon
 Choice of Milk

UXBRIDGE COMMUNITY GARDENS

Did you know that there is a new, organic, community garden "growing" here in Uxbridge?

Gardening is a healthy and fun family activity, as well as an educational one for your children.

Keep the kids busy this summer AND enjoy the fruits (and vegetables) of your labor!

There are still plots available for rent (\$20), and the planting season is NOW, so don't delay!

The soil has been plowed, so it is ready to go!

Visit the Town of Uxbridge Website for the application & more info about the garden:
<http://www.uxbridge-ma.gov/>



Hot & Cold Sandwich Bar

Features items such as
Cheeseburgers
Spicy Chicken Patty Sandwich
Chicken Patty Sandwich
Assorted Deli Meats & Cheeses
Sides & Milk included with all lunches

