

MAY 2026

TASTY	HEALTHY	FUN	VARIETY	BALANCED
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Name of the menu :FIT Academy Grades 8-12 Lunch Menu
 Grade : 9-12 Grades
 Options : Hot,Cold Meals & Deli Salads
 Meal Pattern : NSLP

Week IV	HOT MEAL	Friday, 5/1/2026			
	COLD	'Max Cheez' Breadsticks Seasoned Warm Red Sauce Chilled Rotini Ranch Pasta Caesar Salad (Fresh Greens, Croutons, Cheese & Caesar Dressing) Fresh Crisp Apple & Choice Milk Egg Salad on WW Bread			

	Monday, 5/4/2026	Tuesday, 5/5/2026	Wednesday, 5/6/2026	Thursday, 5/7/2026	Friday, 5/8/2026	
Week V	HOT MEAL	Mandarin Orange Chicken Veggie Fried Rice Celery Sticks, Carrots & Dip Fruit Cup Fruit Juice & Choice Milk	Premium Chicken Nuggets Mix or Match Sauce Buffalo & Ranch Mashed Potatoes WG Roll & Carrots Fresh Orange, Fruit Juice & Choice Milk	Penne Pasta w/ Spaghetti Meatballs Marinara Meatballs served with WG Buttered Penne Top with Shred Mozzarella (Served on side) Salad Greens & Dressing Banana, Fruit Juice & Choice Milk	Premium Corn Dog WG Chicken Corn Dog Served with Ketchup CKC Baked Beans & Cucumbers Fresh Watermelon Cubes, Fruit Juice & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	French Bread Chilled Pesto Penne Crisp Broccoli Florets Steamed Peas Fresh Crisp Apple & Choice Milk
	COLD	Pesto & Provolone Chicken Bun	Deli Turkey on WW Bread w/ Mayo	Banh Mi Chicken on Flatbread	Turkey & Chz on Hoagie w/ Mayo	Chicken Caesar Wrap

	Monday, 5/11/2026	Tuesday, 5/12/2026	Wednesday, 5/13/2026	Thursday, 5/14/2026	Friday, 5/15/2026	
Week VI	HOT MEAL	Classic Hamburger WG Bun , Pickles & Ketchup Baby Carrots & Dip Fruit Cup, Fruit Juice & Choice Milk Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie	Fun Brunch Chicken Pancake Bites w/ Syrup Potato Stix w/ Ketchup Baby Carrots & Dip Fresh Orange, Fruit Juice & Choice Milk	Walking Taco Nacho Doritos, Seasoned Beef Taco Fill with Taco Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce Cheesy Refried Beans Banana, Fruit Juice & Choice Milk	Chicken Tender Shack Chicken Tenders, WG Bun & Coleslaw Enjoy as a sandwich or savor the tenders solo with the ketchup(served with the meal) Sliced Cucumbers w/ Dip Fresh Watermelon Cubes, Fruit Juice & Choice Milk	Mini Cheese Pizza Triangles Chilled Honey Mustard Pasta Mixed Salad & Dressing (Fresh Greens & Grape Tomatoes) Fresh Crisp Apple & Choice Milk
	COLD	Grilled Chicken & Cheese Bun	Turkey Bun w/ Mayo	Chicken Club Hoagie	Green Chicken Wrap	Honey Mustard Chix Pasta & WG Roll

	Monday, 5/18/2026	Tuesday, 5/19/2026	Wednesday, 5/20/2026	Thursday, 5/21/2026	Friday, 5/22/2026	
Week I	HOT MEAL	Spicy Chicken Patty Sandwich WG Bun, Ketchup Chilled Potato Salad CKC Baked Beans & Carrot Slims Fruit Cup, Fruit Juice & Choice Milk	Chicken Hash Shredded Chicken & Hashbrowns Bake Top with Sour Cream & Shred Cheddar Corn Loaf, Baby Carrots & Fresh Orange Fruit Juice & Choice Milk	All Beef Hot Dog Hot Dog Bun, Ketchup & Mustard Steamed Corn & Cucumbers Banana, Fruit Juice & Choice Milk Yahoo! Special Chips Day! Baked Cheetos	Asian Chicken Noodle Bowl Sesame Chicken on Mongolian Noodles Crisp Broccoli w/ Dip Fresh Watermelon Cubes Fruit Juice & Choice Milk	Pizza Crunchers Chilled Rotini Ranch Pasta Steamed Buttered Peas Celery Sticks & Dip Fresh Crisp Apple & Choice Milk
	COLD	Turkey & Cheese on WW Bread w/ Mayo	Citrus Chicken Bun	Turkey & Cheese on Bagel	Chicken Shred Bun	Egg Salad on WW Bread

	Monday, 5/25/2026	Tuesday, 5/26/2026	Wednesday, 5/27/2026	Thursday, 5/28/2026	Friday, 5/29/2026	
Week II	HOT MEAL	Twin Faes Day Chicken Nuggets w/ Ketchup Mac & Cheese WG Roll Celery & Carrots Fruit Cup, Fruit Juice & Choice Milk	Beef Pretzel Dog Served with Ketchup Steamed Corn Fresh Orange, Fruit Juice & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	Hot Honey Popcorn Chicken & Cheesy Hashbrowns Popcorn Chicken w/ Hot Honey Sauce Creamy Cheesy Hashbrowns Sliced Cucumbers & WG Roll Banana, Fruit Juice & Choice Milk	Beef Taco Seasoned Beef Taco, WG Tortilla Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Hot Sauce Cheesy Refried Beans Fresh Watermelon Cubes, Fruit Juice & Choice Milk	Cheesy Lasagna Paired with Chopped Italian Salad (Romaine, Shred Carrots & Grape Tomatoes with Italian Dressing & Ranch) Fresh Crisp Apple & Choice Milk Fresh Dinner Roll w/ Butter
	COLD	Grilled Chicken & Cheese Bun	Deli Turkey on WW Bread w/ Mayo	Banh Mi Chicken on Flatbread	Turkey & Chz on Hoagie w/ Mayo	Chicken Caesar Wrap

Hot meals and Cold meals are served with vegetables, fruit of the day & milk.

DELI SALADS	Grilled Chicken Caesar Salad (Veg Option) Caesar Salad w/ Egg	Grilled Asian Chicken Salad (Veg Option) Asian Salad w/ Egg	Grilled Chicken SW Taco Salad (Veg Option) SW Taco Salad w/ Egg	Classic Turkey & Egg Chef Salad (Veg Option) Classic Chef Salad w/ Egg	Quinoa Powerbowl Chicken Salad (Veg Option) Quinoa Powerbowl Salad w/ Egg
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Deli Salad choices offered everyday. Both Regular & Vegetarian options are available. Vegetarian choices come with egg or cheese in the place of meat. All deli salads come with fruit and milk!

Assorted Fluid Milk / Fluid Milk Substitute Choices offered.

This menu is 100% pork-free.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek of upcoming menu plan.

WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)					JUNE 2026				
TASTY		HEALTHY		FUN		VARIETY		BALANCED	
Monday, 6/1/2026		Tuesday, 6/2/2026		Wednesday, 6/3/2026		Thursday, 6/4/2026		Friday, 6/5/2026	
Week III	HOT MEAL	Breaded Chicken Drumstick	Brunch Lunch	Hot Italian Beef Meatball Sub	Sweet & Sour Chicken	Cheese Quesadilla w/ Salsa			
		Hearty Dinner Roll w/ Butter	French Toast Sticks w/ Syrup	Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately)	Seasoned Rice	Salad Greens & Dressing			
		Mashed Potatoes	Soft Sweet Potato Sticks	CKC Baked Beans & Cucumbers	Crisp Broccoli, Carrot Slims & Dip	Fresh Crisp Apple			
		Celery Sticks	Baby Carrots	Banana & Fruit Juice	Fresh Watermelon Cubes	Choice Milk			
	Fruit Cup, Fruit Juice & Choice Milk	Fresh Orange, Fruit Juice & Choice Milk	WG Garlic Roll, Choice Milk	Fruit Juice & Choice Milk	Yahoo! Special Chips Day! Nacho Cheese Doritos				
COLD	Pesto & Provolone Chicken Bun	Turkey Bun w/ Mayo	Citrus Chicken Bun	Green Chicken Wrap	Honey Mustard Chix Pasta & WG Roll				
Week IV	HOT MEAL	Crispy Chicken Tenders	Cheeseburger	Creamy Mac & Cheese	Pulled Chicken Taco				
		Ketchup	Bun, Chz Slice, Ketchup & Mayo	Sliced Cucumbers, Baby Carrots & Dip	Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Lettuce, Shred Cheddar Cheese & Crema				
		WG Dinner Roll	Potato Smiles	Banana & Fruit Juice	Seasoned Black Beans				
		Carrot Slims & Fruit Cup	Crisp Celery & Fresh Orange	Choice Milk	Fresh Watermelon Cubes, Fruit Juice & Choice Milk				
	Fruit Juice & Choice Milk	Fruit Juice & Choice Milk	Woohoo! Special Treat Day! Confetti Cookie						
COLD	Turkey & Cheese on WW Bread w/ Mayo	Grilled Chicken & Cheese Bun	Turkey & Cheese on Bagel	Chicken Club Hoagie					