



MHY Family Services May 2026 Lunch

MHY Craveable
Option .. WG BB
Muffin, Yogurt,
Goldfish, Apple
Slices String
Cheese

Monday

11

Cheesy Garlic Chicken
Wrap
or
Rib Sandwich

Honey Glazed Carrots
Choice of Fruit Veggie
and Milk

Tuesday

12

Roasted Chicken
or
Corn Dog

Ranch Potatoes
Choice of Fruit Veggie
and Milk

Wednesday

13

Sweet and Sour Chicken
or
Beef and Broccoli
Both Options Over
Rice

Green Beans
Choice of Fruit Veggie
and Milk

Thursday

14

Sausage Sandwich
w/ Peppers and Onions
or
Popcorn Chicken
w/ Roll

Cheesy Veggie Mix
Choice of Fruit Veggie
and Milk

Friday

15

Hot Honey Chicken
Sandwich
or
French Bread Pizza

Broccoli
Choice of Fruit Veggie
and Milk

18

Chicken Fries w/
Teddy Grahams
or
Italian Chicken
Sandwich

Baked Beans
Choice of Fruit Veggie
and Milk

19

Walking Taco
or
Chicken Quesadilla
Pizza

Street Corn
Choice of Fruit Veggie
and Milk

20

Sausage Egg and Cheese
Pancake Sandwich
or
Buffalo Chicken Tenders
w/ Roll

Hashbrown Potatoes
Choice of Fruit Veggie
and Milk

21

Steak and Cheddar Pasta
or
Chicken Patty

Three Bean Salad
Choice of Fruit Veggie
and Milk

22

Pepperoni and Cheese
Pretzel Melt
or
Fish Sticks w/
Teddy Grahams

Broccoli
Choice of Fruit Veggie
and Milk

25

Have a Safe and Fun
Memorial Day!!

26

Taco Day!!
Chicken or Beef Taco
Rice

Corn
Choice of Fruit Veggie
and Milk

27

Meatball Hoagie
or
Cheese Ravioli
w/ Marinara

Mashed Cauliflower
Choice of Fruit Veggie
and Milk

28

Congrats Graduates!!
Picnic Day!

Burgers, Hot Dogs
Macaroni Salad
Baked Beans

Corn on the Cobb

29



What is a Meal?
You must choose at least 3 of the 5 components
available for the school
lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum
of a 1/2 cup of vegetable must accompany a
reimbursable lunch**
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate



Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and
spring salad

Red/Orange - carrots, sweet potatoes,
tomatoes, red peppers
Beans/Peas

Starchy - white potatoes, corn,
and lima beans

Other Vegetables: celery sticks, cucumbers,
cauliflower, green peppers,
green beans and cabbage

Daily Fruit Selection May Include:

oranges, apples, bananas, grapes, pears,
peaches, cantaloupe, melon, strawberries,
applesauce, pineapple, 100% fruit juices

LEAVE YOUR MATH BOOKS HOME!

DAILY ALTERNATES.

Daily entrée options may include:
Sunbutter and Jelly on WG Sliced Bread,
Gluten free alternative
WG= Whole Grain

Nutritious Friends

Look for our Nutritious Friend of the
Month on the menu!!

Lunch Prices
Student \$0.00
Adult \$0.00

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