

Elementary May Lunch Menu

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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread,
 and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily




*Vegetables may include:
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings

*Fruits may include:
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce
 *May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free Vanilla, Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
<p>The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE</p>	<p>5/1 Pierogies with Melted Butter Slice of Bread Green Beans Fruited Jell-O Low Fat Milk</p>	<p>5/2 Baked Lasagna Garlic Bread Broccoli Florets Cinnamon Applesauce Low Fat Milk</p>	<p>5/3 Cinco De Mayo! Beef or Pulled Pork Nachos with Cheese and Toppings Slice of Bread Sweet Corn Pineapple Tidbits Low Fat Milk</p>	<p>5/4 No School!</p>	<p>Week 1 Breaded Chicken Salad with Bread Italian Hoagie</p>
<p>5/7 Chicken Patty on a Bun Steamed Carrots Mixed Fruit Low Fat Milk</p>	<p>5/8 Grilled Cheese Tomato Soup Steamed Broccoli Sweet Peaches Low Fat Milk</p>	<p>5/9 French Toast Sticks with Maple Syrup Sausage Patty Tater Tots Assorted Juice Low Fat Milk</p> <p></p>	<p>5/10 Walking Tacos with Toppings Slice of Bread Refried Beans Sweet Corn Flavored Applesauce Low Fat Milk</p>	<p>5/11 Breaded Cheese Sticks with Marinara Sauce Sweet Peas Strawberry Shortcake! Low Fat Milk</p>	<p>Week 2 Chicken Popper Salad with Slice of Bread Ham and Cheese Munchable</p>
<p>5/14 NEW ITEM Swedish Meatballs over Noodles and Slice of Bread Broccoli Florets Diced Peaches Low Fat Milk</p>	<p>5/15 Cheesesteak Hoagie Green Beans Mixed Fruit Low Fat Milk</p>	<p>5/16 Popcorn Chicken Bites with BBQ or Hot Sauce Slice of Bread Sweet Potato Fries Strawberries Low Fat Milk</p>	<p>5/17 Super Nachos with Cheese and Toppings Slice of Bread Refried Beans Sweet Corn Mandarin Oranges Low Fat Milk</p>	<p>5/18 Humphrey Day! Ham and Cheese Sandwich Baby Carrots Apple Slices Low Fat Milk</p>	<p>Week 3 Grilled Chicken Salad with Slice of Bread Turkey and Cheese Sandwich</p>
<p>5/21 Fresh Baked Italian Dunkers Marinara Sauce Green Beans 100% Juice Low Fat Milk</p>	<p>5/22 Pork BBQ on a Bun Glazed Carrots Sliced Pears Low Fat Milk</p>	<p>5/23 Macaroni and Cheese Slice of Bread Stewed Tomatoes Broccoli Florets Cinnamon Applesauce Low Fat Milk</p>	<p>5/24 Hard or Soft Tacos with Assorted Toppings Slice of Bread Sweet Corn Mixed Fruit Low Fat Milk</p>	<p>5/25 Picnic Lunch Hot Dog on a Bun French Fries Baked Beans Fresh Watermelon Low Fat Milk Join us for lunch and win a Prize!</p>	<p>Week 4 Chef Salad with Slice of Bread Crispy Chicken Wrap</p>
<p>5/28 No School!</p>	<p>5/29 Pasta with Meatballs Slice of Bread Broccoli Florets Mixed Fruit Low Fat Milk</p>	<p>5/30 Popcorn Chicken Bowl Slice of Bread Mashed Potatoes with Gravy Steamed Corn Sweet Peaches Low Fat Milk</p>	<p>5/31 Ham and Cheese Melt on Pretzel Roll Glazed Carrots Flavored Applesauce Low Fat Milk</p>	<p>Peach Salsa!</p> <p></p> <p> Whole Grains Available Daily</p>	<p>Week 5 Breaded Chicken Salad with Slice of Bread Nacho's Munchable</p>
<p>Monday Corn Dog Nuggets w/ Bread</p>	<p>Tuesday Chicken Sticks with Bread</p>	<p>Wednesday Cheeseburger on a Bun</p>	<p>Thursday Chicken Nuggets with Bread</p>	<p>Friday Homemade Cheese Pizza</p>	<p>Lunch Prices: Paid \$2.30 Reduced \$0.40</p>