



North Metro School Lunch Menu MAY 2017

National Barbeque Month



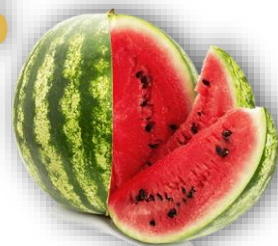
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Tetrazzini Hummus Lunch Pak (V) WW Roll Seasoned Broccoli (GF)	Turkey Hot Dog Cheese Quesadilla (V) Baked Beans (GF)(LG)	Cajun Chicken Alfredo Pasta Hummus Lunch Pak (V) WW Roll Steamed Green Peas (GF)	Pepperoni Pizza Garden Vegetable Salad (V) Seasoned Carrots (GF)	CINCO DE MAYO Chicken Fajita Tacos Cheese Quesadilla (V) Spanish Rice (GF) Pinto Beans (GF)
Teriyaki Chicken Hummus Lunch Pak (V) WW Roll Stir Fried Rice Ginger Carrots (GF)	Chicken Alfredo Pasta Bake Cheese Pizza (V) WW Roll Seasoned Broccoli (GF)	Chicken Taco Bar Hummus Lunch Pak (V) Brown Rice (GF) Mexicali Corn (GF)	Chicken Nuggets Italian Vegetable Wrap (V) Seasoned Fries (GF) WW Roll	BBQ Chicken Sandwich Grilled Cheese (V) Baked Beans (GF)
Sweet & Sour Chicken Garden Vegetable Wrap (V) Ginger Carrots (GF) Fried Rice	NATIONAL BBQ COOKOUT DAY Hamburger Hummus Lunch Pak (V) Seasoned Fries (GF)	Chicken Fajita Tacos Cheese Quesadilla (V) Spanish Rice (GF) Pinto Beans (GF)	Turkey Tetrazzini Hummus Lunch Pak (V) WW Roll Seasoned Broccoli (GF)	Roasted Chicken (GF) Grilled Cheese (V) Brown Rice (GF) WW Roll Sautéed Green Beans (GF)
Chicken Alfredo Pasta Cheese Pizza (V) WW Roll Seasoned Broccoli (GF)	Orange Chicken Hummus Lunch Pak (V) Stir Fried Rice Thai Green Beans (GF)	Chicken Nachos Spicy Black Bean Wrap (V) Steamed Corn (GF)	LAST DAY OF SCHOOL Turkey Hot Dog Hummus Lunch Pak (V) Seasoned Carrots (GF)	

DID YOU KNOW?

Watermelon is a fruit and a vegetable.

DID YOU KNOW?

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LG = Locally Grown GF = Gluten Free V = Vegetarian
OFFERED DAILY: 100% Fruit Juice, Fruit, Variety of Milk, & Gluten Free items
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 This institution is an equal opportunity provider.
 All menus are subject to change based on product availability





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Served Everyday:

Tossed Leafy Greens, Cucumbers, Tomatoes,
Fat Free Dressing & Gluten-Free Items



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Celery Sticks (GF) Cinnamon Applesauce (GF)	2 Baby Carrots (GF) Sliced Peaches (GF)	3 Sliced Cucumber (GF) Pineapple Tidbits (GF)	4 Celery Sticks (GF) Applesauce (GF)	5 Fresh Broccoli (GF) Sliced Peaches (GF)
8 Chilled Green Peas (GF) Sliced Peaches (GF)	9 Chilled Corn (GF) Sliced Pears (GF)	10 Fresh Broccoli (GF) Orange Craisins (GF)	11 Baby Carrots (GF) Applesauce (GF)	12 Celery Sticks (GF) Pineapple Tidbits (GF)
15 Chilled Corn (GF) Sliced Peaches (GF)	16 Fresh Broccoli (GF) Fresh Watermelon (GF)	17 Baby Carrots (GF) Sliced Peaches (GF)	18 Celery Sticks (GF) Sliced Pears (GF)	19 Chilled Green Peas (GF) Pineapple Tidbits (GF)
22 Baby Carrots (GF) Applesauce (GF)	23 Chilled Black Beans (GF) Sliced Pears (GF)	24 Celery Sticks (GF) Sliced Peaches (GF)	25 Chilled Corn (GF) Pineapple Tidbits (GF)	26

Produce of the Month Watermelon



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MAY 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Scrambled Eggs (GF) & Toast Cereal Breakfast Kit Fresh Fruit 100% Fruit Juice Variety of Milk	2 French Toast Blueberry Loaf Variety of Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk	3 Breakfast Pizza Cereal Breakfast Kit Fresh Fruit 100% Fruit Juice Variety of Milk	4 Canadian Turkey Ham (GF) with Grits (GF) and Toast Cinnamon Oatmeal (GF) Variety of Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk	5 Turkey Sausage Patty Biscuit Cereal Breakfast Kit Fresh Fruit 100% Fruit Juice Variety of Milk
8 Turkey Sausage Pancake Wrap Peach Oatmeal (GF) Variety of Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk	9 Turkey Sausage Patty (GF) with Grits (GF) & Toast Cereal Breakfast Kit Fresh Fruit 100% Fruit Juice Variety of Milk	10 Bagel with Cinnamon Cream Cheese Blueberry Loaf Variety of Cereal Fresh Fruit 100% Fruit Juice Variety of Milk	11 Waffles Blueberry Loaf Cereal Breakfast Kit Fresh Fruit 100% Fruit Juice Variety of Milk	12 Canadian Turkey Ham Biscuit Variety of Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk
15 Scrambled Eggs (GF) & Toast Cereal Breakfast Kit Fresh Fruit 100% Fruit Juice Variety of Milk	16 Breakfast Pizza Variety of Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk	17 Canadian Turkey Ham (GF) with Grits (GF) and Toast Blueberry Loaf Cereal Breakfast Kit Fresh Fruit 100% Fruit Juice Variety of Milk	18 French Toast Cinnamon Oatmeal (GF) Variety of Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk	19 Steak Biscuit Cereal Breakfast Kit Fresh Fruit 100% Fruit Juice Variety of Milk
22 Turkey Sausage Patty (GF) with Grits (GF) & Toast Variety of Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk	23 Turkey Sausage Pancake Wrap Waffles Cereal Breakfast Kit Fresh Fruit 100% Fruit Juice Variety of Milk	24 Scrambled Eggs (GF) & Toast Variety of Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk	25 LAST DAY OF SCHOOL Pancakes Blueberry Loaf Cereal Breakfast Kit Fresh Fruit 100% Fruit Juice Variety of Milk	



SCHOOLS OUT

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