

# May 2018 Elementary School Lunch

## Meal Pattern

Choice of Entrée,  
Grain/Bread, Vegetable,  
Fruit, Milk

Milk Choices of 1%-14  
or Fat Free Chocolate-  
20 are offered daily

Juice-14 is offered on  
Mondays & Fridays

Craisins/Raisins-29  
are offered daily

### Tips for Parents

*Be a role model. Take an active role in encouraging your kids eat more fruits, vegetables, and whole grains. Encourage your kids to get at least 60 minutes of moderate exercise each day (30 minutes for adults). Family meals are a great time for parents to connect and share the details of the day.*



**five two one  
almost none**

This institution is an equal  
opportunity provider.  
Menu subject to change.

Monday, May 28



Tuesday, May 29

\*Chicken Fajita -30  
\*Cheese Quesadilla-30  
Chicken Caesar Salad-21  
w/ \*Roll-29  
Onions-1, Peppers-1, Salsa-3,  
Sour Cream-2, Lettuce-3,  
Tomato-3 & Cheese-1  
Black Beans-20, Corn-16  
Fresh Apple-17  
Craisins-28

Wednesday, May 30

\*Ham & Cheese Sandwich-33  
\*Cheeseburger-30  
Garden Salad w/ Cheese-12  
& \*Breadstick-18  
Carrots-6 w/ dip  
Potato Wedges- 18  
Fresh Strawberries-20  
Sliced Peaches-14

Thursday, May 31

Chicken Alfredo-34  
Teriyaki Dipper -6  
w/ \*Roll-29  
Chicken Garden Salad-15 w/  
\*Roll-29  
Seasoned Green Beans-3  
Garden Side Salad-5  
Fresh Apple-17  
Pineapple Tidbits-19

\*Notes items that are whole grain or  
contain whole grain.  
Numbers listed to the right of each  
item are total  
carbohydrates in grams.

Monday, April 30	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
Meatloaf-7 w/ *Roll-29 *Popcorn Chicken-9 w/ *Roll-29 Egg Salad Wrap w/ lettuce & carrots - 27 Mashed Potatoes-14 Steamed Broccoli-5 Fresh Apple-17 Sliced Pears-15	*Taco Salad-35 *Cheese Quesadilla-30 Chicken Caesar Salad-21 w/ *Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 & Cheese-1 Fresh Orange-16 Pineapple Tidbits-19	*Sloppy Joe Sandwich-37 *Corn Dog-30 Garden Salad w/ Cheese -18 & *Breadstick-18 Celery w/dip-6 Baked Sweet Potato-12 w/ cinnamon topping-11 Fresh Banana-27 Fruit Cocktail-15	Spaghetti-29 w/*Breadstick-18 *Chick Fillet Sandwich-42 Chicken Garden Salad-27 w/ *Breadstick-18 Caesar side Salad-8 Mixed Veggies-4 Fresh Apple-17 Applesauce-14	*Stuffed Crust Pizza-34 5 Chicken Nuggets-13 w/ *Roll-29 Crinkle Cut Fries-14 Glazed Carrots-19 Fresh Apple-17 Sliced Peaches-14
Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10	Friday, May 11
BBQ Sandwich- 43 *Cheese Stuffed Sticks-30 w/ Marinara Sauce Creamy Cole Slaw-5 Baked Beans-27 Tater Tots-14 Fresh Banana-26 Fruit Cocktail-15	*Orange Chicken-25 w/*Rice-6 *Cheeseburger-30 Chicken Caesar Salad-21 w/ *Roll-29 Steamed Broccoli-5 Glazed Carrots-19 Tomato-3 & Lettuce-3 Fresh Apple-17 Mandarin Oranges-17	*Turkey & Cheese Sub-35 *Chick Fillet Sandwich-42 Garden Salad w/ Egg-12 & *Breadsticks-18 Mixed Veggies-4 Straight Cut Fries-19 Tomato-3 & Lettuce-3 Fresh Orange-16 Pineapple Tidbits-19	Baked Ziti-40 w/ *Breadstick-18 5 *Chicken Rings-14 w/ *Breadstick-18 Chef Garden Salad -15 w/ *Breadstick-18 Caesar side Salad-8 Fresh Cucumber Slices-4 Fresh Banana-27 Sliced Peaches-14	*Pepperoni Pizza-34 *Corn Dog-30 Sweet Potato Crinkle Fries-19 Broccoli-5 Fresh Apple-17 Fruit Cocktail- 15
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
Salisbury Steak- 6 5 Chicken Nuggets-13 w/ *Roll-29 Egg Salad Wrap w/ lettuce & carrots - 27 Mashed Potatoes-14 Gravy- 4 Seasoned Green Beans-3 Local Fresh Apple-17 Sliced Pears-15	*Taco Salad-35 *Cheese Quesadilla-30 Chicken Caesar Salad-21 w/ *Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 & Cheese-1 Fresh Orange-16 Pineapple Tidbits-19	-Breakfast for Lunch Day- Eggs, Sausage-1 or Chicken-7 Biscuit-28, Gravy-10 or *French Toast Sticks-38 Sliced or Grape Tomatoes-8 Diced Potatoes- 14 Strawberry Cup- 15 Spiced Apples- 14	Chili Mac & Cheese-29 *Stuffed Crust Pizza-34 Chicken Garden Salad-27 w/ *Roll-29 Garden Side Salad-5 Glazed Carrots-19 Fresh Banana-27 Sliced Pears-15	-Cook Out Day- *Cheeseburgers-30 & *Hot Dogs-30 Baked Beans-27 Tater Tots-14 Tomatoes-3 & Lettuce-3 Fresh Apple-17 Fruit Cocktail-15
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
Chicken Pot Pie-19 *Cheese Pizza-34 Peas & Carrots-14 Mashed Potatoes-14 Strawberry Cup-14 Pineapple Tidbits-19	Teriyaki Chicken-14 *Noodles-26 *Cheeseburger-30 Chicken Caesar Salad-21 w/ *Roll-29 Stir Fry Veggies-5 Cauliflower-5 Tomatoes-3 & Lettuce-3 Fresh Orange-16 Sliced Peaches-14	Veggie Beef Soup-14 *Grilled Cheese-29 or *PB & J Sandwich-53 Garden Salad w/Egg-12 & *Breadstick-18 Steamed Broccoli-5 Sweet Potato Crinkle Fries-19 Fresh Apple-17 Fruit Cocktail-15	Mac & Cheese-25 w/ Grilled Franks Oven Roasted Chicken-3 Chef Garden Salad-15 w/ *Roll-29 Pinto Beans-18, Onions-1, Cabbage-5 & Tomatoes-3 Cornbread-25 Fresh Banana-27 Craisins-28	*Fish Fillet Dinner-30 w/ 2 Hushpuppies-15 *BBQ Sandwich-44 Crinkle Cut Fries-14 Seasoned Green Beans-3 Creamy Cole Slaw-5 Fresh Orange-16 Sliced Pears-15
Monday, May 28	Tuesday, May 29	Wednesday, May 30	Thursday, May 31	Friday, May 4