



May 2018 MENU



Days with nut products in the menu will be displayed with:  description of the  nut will be on the days menu, please call the central kitchen at 847-9666 if further infor-



LUNCH

Students must select

A minimum 1/2 cup fruit and /or vegetable combination and 2 more menu components. They may also select all menu items if desired. Paid \$2.65 Reduced \$.40



School lunches include:

- Fresh Fruits & Veggies
- Whole Grains
- Reduced/Zero Trans Fats
- Salads/Salad Bars
- Low-fat Dairy
- Baked items rather than fried
- Healthy Cooking & Prep Techniques

Mon	Tue	Wed	Thu	Fri
 <p>SHOW YOUR SHOES!</p>	<p>1. Nachos veggie Cheese stick Fruit Choice of Milk</p> 	<p>2. Corn Dog veggie Fruit Ketchup Choice of Milk</p> 	<p>3. Tyson Chicken Nuggets Rice veggie Fruit Choice of Milk</p> 	<p>4. Grilled Cheese Cheetos veggie Fruit Choice of Milk</p>  
<p>7. Breakfast Pizza (Turkey breakfast sausage) veggie goldfish Fruit Choice of Milk</p> 	<p>8. Uncrustables veggie Fruit Choice of Milk</p> 	<p>9. Tyson Chicken Nuggets Rice veggie Fruit Choice of Milk</p> 	<p>10. Pepperoni Sandwich stuffed pocket veggie Fruit Choice of Milk</p> 	<p>11. Cheesy Quesadilla veggie Fruit Choice of Milk</p> 
<p>14. Nachos Veggie Cheese stick Fruit Choice of Milk</p> 	<p>15. Corn Dog veggie Fruit Ketchup Choice of Milk</p> 	<p>16. BBQ Pulled Pork On a Bun Choc Chip Cookie veggie Fruit Choice of Milk</p> 	<p>17. Chicken Pot Pie veggie Fruit Choice of Milk</p> 	<p>18. Grilled Cheese veggie Cheetos Fruit Choice of Milk</p>  
<p>21. Breakfast Pizza (Turkey breakfast sausage) veggie goldfish Fruit Choice of Milk</p> 	<p>22. Fajita Chicken Rice veggie Fruit Choice of Milk</p>	<p>23. Pepperoni Sandwich Stuffed Pocket veggie Fruit Choice of Milk</p> 	<p>24. Uncrustable Carrots Fruit Goldfish Choice of Milk</p> 	<p>25. Corn Dog Veggie Fruit Ketchup Choice of Milk</p> 
<p>Holiday</p> 	<p>29. Pepperoni Sandwich Stuffed pocket Veggie Fruit Choice of Milk</p> 	<p>30. Bean & Cheese Burrito Veggie Fruit Choice of Milk</p>	<p>31. Uncrustable Veggie Fruit Goldfish Choice of Milk</p> 	



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Keep Active and Healthy during summer vacation!!

Eat lots of Fresh Fruits and Vegetables!

Stay active, play hard, and have fun!!

www.foodnetwork.com/healthyeats

