

NUTRITION BREAK- May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Note - All students are REQUIRED to take a minimum of ½ cup fruit.	Elem - Cocoa Bread OR Pancake on a Stick, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of Fruit, Milk	Elem - Cinnamon Bun, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of Fruit, Milk	Elem - Pop-tart, Cheez-its, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of Fruit, Milk	Elem - Golden Grahams, Goldfish, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of Fruit, Milk
7	8	9	10	11
Elem - Powdered Donuts, Fruit Choice, Juice, Milk MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Blueberry Mini Loaf, Cheez-its, Fruit Choice, Juice, Milk MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Cereal Bar, Goldfish, Fruit Choice, Juice, Milk MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Pancake on a Stick OR Cinnamon Bun, Fruit Choice, Juice, Milk MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Chocolate Chip Muffin, Fruit Choice, Juice, Milk MS/HS - Build a Breakfast, Variety of Fruit, Milk
14	15	16	17	18
Elem - Chocolate Donuts, Fruit Choice, Juice, Milk MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Gripz Goldfish, Fruit Choice, Juice, Milk MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Blueberry Bread, Fruit Choice, Juice, Milk MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Cook's Choice MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Cook's Choice MS/HS - Build a Breakfast, Variety of Fruit, Milk
21	22	23	24	25 - Noon Dismiss
Elem - Cook's Choice MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Cook's Choice MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Cook's Choice MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Cook's Choice MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Cook's Choice MS/HS - Build a Breakfast, Variety of Fruit, Milk
28 - MEMORIAL DAY	29	30	31	June 1
	Elem - Cook's Choice MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Cook's Choice MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Cook's Choice MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Cook's Choice MS/HS - Build a Breakfast, Variety of Fruit, Milk
June 4	5	6 - Last Day!		
Elem - Cook's Choice MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Cook's Choice MS/HS - Build a Breakfast, Variety of Fruit, Milk	Elem - Cook's Choice MS/HS - Build a Breakfast, Variety of Fruit, Milk		

ELEMENTARY LUNCH - May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4 - Cinco De Mayo!
<ul style="list-style-type: none"> • Choose at least 3 of the 5 groups • One must be a full serving of fruit or veggie! • Or for a complete meal choose all 5! <p>GROUPS: Fruit, Veggies, Protein, Grain, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Mini Corn Dogs</p> <p style="text-align: center;"><u>Blue Choice</u> Cheeseburger Fruit Choice, Broccoli, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Popcorn Chicken</p> <p style="text-align: center;"><u>Blue Choice</u> Turkey Bacon Sub Fruit Choice, Peas, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Chicken Nuggets</p> <p style="text-align: center;"><u>Blue Choice</u> Salisbury Steak with Dinner Roll Fruit choice, Mashed Potatoes, Green Beans, Fresh Veggies, Milk</p>	<p style="text-align: center;">Walking Taco Fruit Choice, Mexican Rice, Corn, Choco Taco, Fresh Veggies, Milk</p>
7	8	9	10	11
<p style="text-align: center;">Chicken Drumstick with Dinner Roll Fruit Choice, Peas, Fresh Veggies, Milk</p>	<p style="text-align: center;">Nacho Supreme with Rice Fruit Choice, Corn, Fresh Veggies, Milk</p>	<p style="text-align: center;">Hot Dog OR Chili Dog Fruit Choice, Broccoli, Fresh Veggies, Milk</p>	<p style="text-align: center;">Pizza Fruit Choice, Green Beans, Fresh Veggies, Milk</p>	<p style="text-align: center;">Cheeseburger Fruit Choice, Carrots, Fresh Veggies, Milk</p>
14	15	16	17	18
<p style="text-align: center;"><u>Red Choice</u> Quesadilla</p> <p style="text-align: center;"><u>Blue Choice</u> Chicken Wrap Fruit Choice, Peas, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Fruit and Yogurt with Muffin and String Cheese</p> <p style="text-align: center;"><u>Blue Choice</u> Ham and Cheese Bites Fruit Choice, Broccoli, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Chicken Patty</p> <p style="text-align: center;"><u>Blue Choice</u> Grilled Cheese Sandwich Fruit choice, Corn, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Chicken Tenders</p> <p style="text-align: center;"><u>Blue Choice</u> BBQ Rib Sandwich Fruit choice, Carrots, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Grilled Hot Dog</p> <p style="text-align: center;"><u>Blue Choice</u> Grilled Brat Fruit Choice, Baked Beans, Dessert Choice, Fresh Veggies, Milk</p>
21	22	23	24	25 - Noon Dismiss
<p style="text-align: center;"><u>Red Choice</u> Mini Corn Dogs</p> <p style="text-align: center;"><u>Blue Choice</u> Cheeseburgers Fruit Choice, Broccoli, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Dutch Waffles with Yogurt</p> <p style="text-align: center;"><u>Blue Choice</u> Pancake on a Stick Fruit Choice, Potatoes, Juice, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Pizza Dippers</p> <p style="text-align: center;"><u>Blue Choice</u> Cheese or Chicken Flatbread Fruit choice, Corn, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Bosco Sticks</p> <p style="text-align: center;"><u>Blue Choice</u> Hot Ham and Cheese Sandwich Fruit Choice, Green Beans, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Pizza Slice</p> <p style="text-align: center;"><u>Blue Choice</u> PB&J Fruit choice, Fresh Veggies, Milk</p>
28 - Memorial Day	29	30	31	June 1
	<p style="text-align: center;"><u>Red Choice</u> Chicken Nuggets</p> <p style="text-align: center;"><u>Blue Choice</u> Salisbury Steak with Dinner Roll Fruit choice, Green Beans, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Cheese Dippers</p> <p style="text-align: center;"><u>Blue Choice</u> Chicken Wrap Fruit choice, Corn, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Hot Dog on a Bun</p> <p style="text-align: center;"><u>Blue Choice</u> BBQ Chicken Sandwich Fruit choice, Broccoli, Fresh Veggies, Milk</p>	<p style="text-align: center;"><u>Red Choice</u> Popcorn Chicken</p> <p style="text-align: center;"><u>Blue Choice</u> Turkey and Cheese Sandwich on Goldfish Bread Fruit choice, Peas, Fresh Veggies, Milk</p>
June 4	5	6 – Last Day!		
<p style="text-align: center;">Pizza Fruit Choice, Hot Vegetable, Fresh Veggies, Milk</p>	<p style="text-align: center;">Chicken Patty Fruit Choice, Hot Vegetable, Fresh Veggies, Milk</p>	<p style="text-align: center;">PB&J Fruit Choice, Fresh Veggies, Milk</p>		

MIDDLE/HIGH SCHOOL LUNCH - May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<ul style="list-style-type: none"> • Choose at least 3 of the 5 groups • One must be a full serving of fruit or veggie! • Or for a complete meal choose all 5! GROUPS: Fruit, Veggies, Protein, Grain, Milk	Choose one entree: Mini Corn Dogs OR Cheeseburgers Fruit & Veggie Bar- Fruit Choice, Broccoli, Fresh Veggies, Milk	Choose one entree: Popcorn Chicken OR Turkey Bacon Sub with Baked Chips Fruit & Veggie Bar- Fruit Choice, Peas, Fresh Veggies, Milk	Choose one entree: Chicken Nuggets OR Salisbury Steak with Dinner Roll Fruit & Veggie Bar- Fruit Choice, Mashed Potatoes, Green Beans, Fresh Veggies, Milk	Choose one entree: Walking Taco OR Chicken Enchilada Fruit & Veggie Bar- Fruit Choice, Corn, Rice, Choco Taco, Fresh Veggies, Milk
7	8	9	10	11
Choose one entree: Chicken Drumstick with Dinner Roll OR Pizza Fruit & Veggie Bar- Fruit Choice, Peas, Fresh Veggies, Milk	Choose one entree: Nacho Supreme with Rice OR Sandwich Choice Fruit & Veggie Bar- Fruit Choice, Corn, Fresh Veggies, Milk	Choose one entree: Hot Dog/Chili Dog OR Spaghetti with Meatballs Fruit & Veggie Bar- Fruit Choice, Broccoli, Fresh Veggies, Milk	Choose one entree: Pizza OR PB&J Fruit & Veggie Bar- Fruit Choice, Green Beans, Fresh Veggies, Milk	Choose one entree: Cheeseburger OR Grilled Chicken Sandwich Fruit & Veggie Bar- Fruit Choice, Carrots, Fresh Veggies, Milk
14	15	16	17	18
Choose one entree: Quesadilla OR Chicken Wrap with Baked Chips Fruit & Veggie Bar- Fruit Choice, Peas, Fresh Veggies, Milk	Choose one entree: Fruit and Yogurt with Muffin and String Cheese OR Turkey Bacon Sub Fruit & Veggie Bar- Fruit Choice, Broccoli, Fresh Veggies, Milk	Choose one entree: Chicken Patty OR Totally Taco Wedges Fruit & Veggie Bar- Fruit Choice, Corn, Fresh Veggies, Milk	Choose one entree: Chicken Tenders OR BBQ Rib Sandwich Fruit & Veggie Bar- Fruit Choice, Carrots, Fresh Veggies, Milk	Choose one entree: Grilled Hot Dog OR Grilled Brat Fruit & Veggie Bar- Fruit Choice, Baked Beans, Dessert, Fresh Veggies, Milk
21	22	23	24	25 - Noon Dismiss
Choose one entree: Mini Corn Dogs OR Cheeseburger Fruit & Veggie Bar- Fruit Choice, Broccoli, Fresh Veggies, Milk	Choose one entree: Dutch Waffles with Yogurt OR Pancake on a Stick Fruit & Veggie Bar- Fruit Choice, Potatoes, Juice, Fresh Veggies, Milk	Choose one entree: Pizza Sticks OR Cheese/Chicken Flatbread Fruit & Veggie Bar- Fruit Choice, Corn, Fresh Veggies, Milk	Choose one entree: Bosco Sticks OR Hot Ham and Cheese Sandwich Fruit & Veggie Bar- Fruit Choice, Green Beans, Fresh Veggies, Milk	Choose one entree: Pizza OR PB&J Fruit & Veggie Bar- Fruit Choice, Fresh Veggies, Milk
28 - Memorial Day	29	30	31	June 1 - Exams
	Choose one entree: Chicken Nuggets OR Salisbury Steak with Dinner Roll Fruit & Veggie Bar-- Fruit Choice, Green Beans, Fresh Veggies, Milk	Choose one entree: Cheese Dippers OR Chicken Wrap Fruit & Veggie Bar- Fruit Choice, Corn, Fresh Veggies, Milk	Choose one entree: Lasagna Roll up with Cornbread OR BBQ Chicken Sandwich Fruit & Veggie Bar- Fruit Choice, Broccoli, Fresh Veggies, Milk	Choose one entree: Chicken Teriyaki Bites OR Buffalo Chicken Wrap OR BBQ Chicken Triangles Fruit & Veggie Bar- Fruit Choice, Peas, Fresh Veggies, Milk
4 - Exams	5 - Exams	6 - Last Day!		
Choose one entree: Cook's Choice Fruit & Veggie Bar- Fruit Choice, Hot Vegetable Choice, Fresh Veggies, Milk	Choose one entree: Cook's Choice Fruit & Veggie Bar- Fruit Choice, Hot Vegetable Choice, Fresh Veggies, Milk	PB&J with String Cheese and Crackers Fruit & Veggie Bar- Fruit Choice, Fresh Veggies, Milk		