

NUTRITION BREAK- May 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 1 | 2 | 3 | 4 | 5 |
| <p>Elem - Double Chocolate Betty Crocker Bar, Fruit choice, juice, milk</p> <p>MS/HS - Breakfast Pizza or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Dunkin Stick, Fruit choice, juice, milk</p> <p>MS/HS - Breakfast Sandwich or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Cinnamon Toast Crisps, Goldfish, Fruit choice, juice, milk</p> <p>MS/HS - Eggs, Sausage, Toast or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Pillsbury Frudel (Apple or Cherry) OR, Blueberry Bread, Fruit choice, juice, milk</p> <p>MS/HS - Pillsbury Frudel (Apple or Cherry) or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Strawberry yogurt, Cheez-its, Fruit choice, juice, milk</p> <p>MS/HS - Build a Breakfast, Variety of fruit, Milk</p> |
| 8 | 9 | 10 | 11 | 12 |
| <p>Elem - Powdered Donuts, Fruit choice, juice, milk</p> <p>MS/HS - Pizza Bagel or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Blueberry Mini Loaf, Cheez-its, Fruit choice, juice, milk</p> <p>MS/HS - Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Cereal Bar, Goldfish, Fruit choice, juice, milk</p> <p>MS/HS - Pizza Bagel or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Pancake on a Stick OR Cinnamon Bun, Fruit choice, juice, milk</p> <p>MS/HS - Breakfast Pizza or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Chocolate Chip Muffin, Fruit choice, Juice, milk</p> <p>MS/HS - Breakfast Pizza or Build a Breakfast, Variety of fruit, Milk</p> |
| 15 | 16 | 17 | 18 | 19 |
| <p>Elem - Chocolate Donuts, Fruit choice, juice, milk</p> <p>MS/HS - Pillsbury Frudel (Apple or Cherry) or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Gripz, Goldfish, Fruit choice, juice, milk</p> <p>MS/HS - Eggs, Sausage, Toast or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Blueberry Bread, Fruit choice, juice, milk</p> <p>MS/HS -Breakfast Sandwich or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Cook's Choice</p> <p>MS/HS - Cook's Choice or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Cook's Choice</p> <p>MS/HS - Cook's Choice or Build a Breakfast, Variety of fruit, Milk</p> |
| 22 | 23 | 24 | 25 | 26 |
| <p>Elem - Cook's Choice</p> <p>MS/HS - Cook's Choice or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Cook's Choice</p> <p>MS/HS - Cook's Choice or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Cook's Choice</p> <p>MS/HS - Cook's Choice or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Cook's Choice</p> <p>MS/HS - Cook's Choice or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Cook's Choice</p> <p>MS/HS - Cook's Choice or Build a Breakfast, Variety of fruit, Milk</p> |
| 29 - MEMORIAL DAY | 30 | 31 | 1 | 2 |
|  | <p>Elem - Cook's Choice</p> <p>MS/HS - Cook's Choice or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Cook's Choice</p> <p>MS/HS - Cook's Choice or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Cook's Choice</p> <p>MS/HS - Cook's Choice or Build a Breakfast, Variety of fruit, Milk</p> | <p>Elem - Cook's Choice</p> <p>MS/HS - Cook's Choice or Build a Breakfast, Variety of fruit, Milk</p> |



ELEMENTARY LUNCH - May 2017



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 1 | 2 | 3 | 4 | 5 Cinco De Mayo! |
| <u>Red Choice</u> Cheese Dippers <u>Blue Choice</u> Cheese Flatbread Fruit Choice, Peas, Fresh Veggies, Milk | <u>Red Choice</u> Mini Corn Dogs <u>Blue Choice</u> Cheeseburgers Fruit Choice, Calico Beans, Broccoli, Fresh Veggies, Milk | <u>Red Choice</u> Popcorn Chicken <u>Blue Choice</u> Sloppy Joe on a Bun Fruit Choice, Coleslaw, Green Beans, Fresh Veggies, Milk | <u>Red Choice</u> Pizza <u>Blue Choice</u> BBQ Chicken Triangles Fruit choice, Carrots, Fresh Veggies, Milk | <u>Red Choice</u> Walking Taco <u>Blue Choice</u> Chicken Enchilada Rice, Salsa, Churro Stick, Fruit Choice, Corn, Fresh Veggies, Milk |
| 8 | 9 | 10 | 11 | 12 |
| <u>Red Choice</u> Chicken Nuggets <u>Blue Choice</u> Salisbury Steak with Dinner Roll Fruit Choice, Mashed Potatoes, Corn, Fresh Veggies, Milk | <u>Red Choice</u> Penne Pasta with Meatballs <u>Blue Choice</u> BBQ Chicken Sandwich Fruit Choice, Peas, Fresh Veggies, Milk | <u>Red Choice</u> Hot Dog on a Bun <u>Blue Choice</u> Orange Chicken over Rice Broccoli, Fruit choice, Fresh Veggies, Milk | <u>Red Choice</u> Chicken Patty <u>Blue Choice</u> Hot Italian Sub Green Beans, Coleslaw, Fruit choice, Fresh Veggies, Milk | <u>Red Choice</u> Bosco Sticks <u>Blue Choice</u> Goldfish Shaped Bread Turkey Sandwich Fruit Choice, Carrots, Fresh Veggies, Milk |
| 15 | 16 | 17 | 18 | 19- School Picnic! |
| <u>Red Choice</u> Quesadilla <u>Blue Choice</u> Chicken Wrap Fruit Choice, Coleslaw, Peas, Fresh Veggies, Milk | <u>Red Choice</u> Spaghetti and Sauce <u>Blue Choice</u> Turkey Bacon Wrap Fruit Choice, Coleslaw, Broccoli, Fresh Veggies, Milk | <u>Red Choice</u> Wild Mike's Pizza <u>Blue Choice</u> Grilled Cheese Sandwich Fruit choice, Corn, Fresh Veggies, Milk | <u>Red Choice</u> French Bread Pizza <u>Blue Choice</u> American Sub Fruit choice, Carrots, Fresh Veggies, Milk | <u>Red Choice</u> Grilled Hot Dog <u>Blue Choice</u> Grilled Brat Fruit Choice, Baked Beans, Dessert, Baked Chips, Fruit Snacks, Fresh Veggies, Milk |
| 22 | 23 - Tator Day! | 24 | 25 | 26 |
| <u>Red Choice</u> Walking Taco <u>Blue Choice</u> Lil Nacho Bites Fruit Choice, Rice, Corn, Fresh Veggies, Milk | <u>Red Choice</u> Chicken Nuggets <u>Blue Choice</u> Cheese Flatbread Fruit Choice, Tator Tots, Broccoli, Fresh Veggies, Milk | <u>Red Choice</u> Mini Corn Dogs <u>Blue Choice</u> Chicken Wrap Fruit Choice, Carrots, Fresh Veggies, Milk | <u>Red Choice</u> Fruit and Yogurt <u>Blue Choice</u> Chicken Drumstick Fruit Choice, Green Beans, Fresh Veggies, Milk | <u>Red Choice</u> French Toast Sticks <u>Blue Choice</u> Pancakes Fruit Choice, Spiced Apples, Seasoned Potatoes, Fresh Veggies, Milk |
| 29 - MEMORIAL DAY | 30 | 31 | 1 | 2-NOON DISMISS STUDENT LAST DAY |
| <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 | <u>Red Choice</u> Ravioli <u>Blue Choice</u> Grilled Chicken Sandwich Fruit Choice, Broccoli, Fresh Veggies, Milk | <u>Red Choice</u> Popcorn Chicken <u>Blue Choice</u> Mac and Cheese Fruit Choice, Carrots, Fresh Veggies, Milk | <u>Red Choice</u> Chicken Patty <u>Blue Choice</u> Turkey Bacon Wrap Fruit Choice, Corn, Fresh Veggies, Milk | <u>Red Choice</u> Pizza <u>Blue Choice</u> PB&J Fruit Choice, Green Beans, Fresh Veggies, Milk |

MIDDLE/HIGH SCHOOL LUNCH - May 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 1 | 2 | 3 | 4 | 5-Cinco De Mayo! |
| <p>Choose one entree: Cheese Dippers, Chicken or Cheese Flatbread</p> <p>Fruit & Veggie Bar- Fruit Choice, Peas, Fresh Veggies, Milk</p> | <p>Choose one entree: Mini Corn Dogs or Cheeseburgers</p> <p>Fruit & Veggie Bar- Fruit choice, Calico Beans, Broccoli, Fresh Veggies, Milk</p> | <p>Choose one entree: Popcorn Chicken, Choice of Sandwich with Baked Chips</p> <p>Fruit & Veggie Bar- Fruit choice, Coleslaw, Green Beans, Fresh Veggies, Milk</p> | <p>Choose one entree: Pizza or BBQ Chicken Triangles</p> <p>Fruit & Veggie Bar- Fruit Choice, Carrots, Fresh Veggies, Milk</p> | <p>Choose one entree: Walking Taco or Chicken Enchilada</p> <p>Fruit & Veggie Bar- Rice, Salsa, Churro Stick, Fruit Choice, Corn, Fresh Veggies, Milk</p> |
| 8 | 9 | 10 | 11 | 12 |
| <p>Choose one entree: Chicken Nuggets, Salisbury Steak with Dinner Roll</p> <p>Fruit & Veggie Bar- Fruit choice, Mashed Potatoes, Corn, Fresh Veggies, Milk</p> | <p>Choose one entree: Penne Pasta with Meatballs, BBQ Chicken Sandwich with Baked Chips</p> <p>Fruit & Veggie Bar- Fruit Choice, Coleslaw Peas, Fresh Veggies, Milk</p> | <p>Choose one entree: Hot Dog on a Bun or Orange Chicken over Rice</p> <p>Fruit & Veggie Bar- Broccoli, Fruit Choice, Fresh Veggies, Milk</p> | <p>Choose one entree: Chicken Patty, Hot Italian Sub with Baked Chips</p> <p>Fruit & Veggie Bar- Green Beans, Coleslaw, Fruit Choice, Fresh Veggies, Milk</p> | <p>Choose one entree: Bosco Sticks, Turkey Bacon Sub with Baked Chips</p> <p>Fruit & Veggie Bar- Fruit choice, Carrots, Fresh Veggies, Milk</p> |
| 15 | 16 | 17 | 18 | 19-School Picnic |
| <p>Choose one entree: Quesadilla, Chicken Wrap with Baked Chips</p> <p>Fruit & Veggie Bar- Fruit Choice, Coleslaw, Peas, Fresh Veggies, Milk</p> | <p>Choose one entree: Spaghetti and Sauce, Turkey Bacon Wrap with Baked Chips</p> <p>Fruit & Veggie Bar- Fruit Choice, Coleslaw, Broccoli, Fresh Veggies, Milk</p> | <p>Choose one entree: Wild Mike's Pizza, Choice of Sandwich with Baked Chips</p> <p>Fruit & Veggie Bar- Fruit Choice, Corn, Fresh Veggies, Milk</p> | <p>Choose one entree: French Bread Pizza, American Sub with Baked Chips</p> <p>Fruit & Veggie Bar- Fruit Choice, Carrots, Fresh Veggies, Milk</p> | <p>Choose one entree: Grilled Hot Dog or Grilled Brat</p> <p>Fruit & Veggie Bar- Fruit Choice, Baked Beans, Dessert, Baked Chips, Fruit Snacks, Fresh Veggies, Milk</p> |
| 22 | 23 | 24 | 25 | 26 |
| <p>Choose one entree: Walking Taco or Hot Ham and Cheese</p> <p>Fruit Choice, Rice, Corn, Fresh Veggies, Milk</p> | <p>Choose one entree: Chicken Nuggets or Sandwich Choice</p> <p>Fruit Choice, Mashed Potatoes, Broccoli, Fresh Veggies, Milk</p> | <p>Choose one entree: Mini Corn Dogs or Chicken Wrap</p> <p>Fruit Choice, Carrots, Fresh Veggies, Milk</p> | <p>Choose one entree: Pizza or Chicken Drumstick</p> <p>Fruit Choice, Green beans, Fresh Veggies, Milk</p> | <p>Choose one entree: French Toast Sticks or Chicken Waffle Bites</p> <p>Fruit Choice, Spiced Apples, Seasoned Potatoes, Fresh Veggies, Milk</p> |
| 29 - MEMORIAL DAY | 30- Exams | 31- Exams | 1- Exams | 2- NOON DISMISS STUDENT LAST DAY |
| <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>Choose one entree: Hot dog or Grilled Chicken Sandwich</p> <p>Fruit Choice, Broccoli, Fresh Veggies, Milk</p> | <p>Choose one entree: Popcorn Chicken or Mac and Cheese</p> <p>Fruit Choice, Carrots, Fresh Veggies, Milk</p> | <p>Choose one entree: Chicken Patty on a Bun or Turkey Bacon Wrap</p> <p>Fruit Choice, Corn, Fresh Veggies, Milk</p> | <p>Choose one entree: Pizza or PB&J</p> <p>Fruit Choice, Green Beans, Fresh Veggies, Milk</p> |

