



May 2019

In Season Cherries

Cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with things like chives, dairy products, and meats.



Monday

This institution is an equal opportunity provider and employer.

- A. Pasta with Meat Sauce 6
- B. Cheese Stuffed Breadstick w/Marinara Sauce
- C. Yogurt Lunch

- A. Pepperoni Pizza 🐾 13
- B. Cheese Pizza
- C. Yogurt Lunch

- A. Chicken Alfredo Pasta 20
- B. Hawaiian Sandwich
- C. Yogurt Lunch

27
**Memorial Day
No School**

Tuesday

🐾 = Contains pork
* = Turkey Ham products containing 100% turkey - no pork ingredients

- A. Cheese or Seasoned Chicken Nachos 7
 - B. Bean & Cheese Burrito
 - C. Yogurt Lunch
- Baseball Cards!*

- A. Cheese or Seasoned Beef Nachos 14
 - B. Beef or Bean Taco Salad
 - C. Yogurt Lunch
- Baseball Cards!*

- A. Cheese or Seasoned Chicken Nachos 21
 - B. Cheese Quesadilla
 - C. Yogurt Lunch
- Baseball Cards!*

- A. Cheese or Seasoned Beef Nachos 28
 - B. Beef or Bean Taco Salad
 - C. Yogurt Lunch
- Baseball Cards!*

Wednesday

- A. French Toast Sticks 1 and Egg Moons
- B. Ham* and Cheese Ripper
- C. Hummus Plate

- A. Orange Chicken Rice Bowl 8
- B. Hawaiian Beef Teriyaki Rice Bowl
- C. Hummus Plate

- A. Dutch Waffle and Egg Moons 15
- B. Ham*, Egg & Cheese Breakfast Burger
- C. Hummus Plate

- A. Sweet-n-Sour Chicken Bowl 22
- B. Teriyaki Chicken Bowl
- C. Hummus Plate

- A. Chicken Biscuit Sandwich 29
- B. Yogurt Parfait with Blueberries & Strawberry Graham Cracker
- C. Hummus Plate

Thursday

- A. Turkey Gravy with Mashed Potatoes and Roll 2
 - B. Grilled Cheese Sandwich
 - C. Deli Stack Pack
- Granola Bites*

- A. Tomato Soup with Cheesy French Bread 9
 - B. All White Meat Chicken Bites with Brown Rice
 - C. Deli* Stack Pack
- Juicy Sidekick*

- A. BBQ Chicken Drumstick with Roasted Potatoes and a Roll 16
 - B. Cheese Ripper
 - C. Deli* Stack Pack
- Jungle Crackers*

- A. BBQ Pulled Pork 🐾 23
 - B. Pretzel with Cheese Sauce & Sunflower Seeds
 - C. Deli* Stack Pack
- Juicy Sidekick*

- A. Chicken & Rice Soup with Roll 30
 - B. Macaroni and Cheese
 - C. Deli* Stack Pack
- Goldfish Crackers*

Friday

- A. All White Meat Chicken Burger 3
- B. Wild Alaska Fish Burger
- C. Yogurt Lunch

- A. 100% Beef Cheeseburger 10
- B. Wild Alaska Fish Burger
- C. Yogurt Lunch

- A. All White Meat Chicken Burger 17
- B. Wild Alaska Fish Burger
- C. Yogurt Lunch

- A. 100% Beef Cheeseburger 24
- B. Wild Alaska Fish Burger
- C. Yogurt Lunch

- A. All White Meat Chicken Burger 31
- B. Wild Alaska Fish Burger
- C. Yogurt Lunch

Announcements

ALSO AVAILABLE
Fridays: Vegetarian Burger upon Request

Included with All Lunches
 Fruit & Vegetable Garden Bar
 1% White or NF Chocolate Milk

Menu selections may change based on product availability.

*Juliana Fisher MS, RDN, CD
 Director, Food Services*

Meal Prices

	Breakfast	
Elementary		\$1.75
Secondary		\$2.00
Reduced K-12		Free
Adult		\$2.40
	Lunch	
Elementary		\$3.00
Secondary		\$3.25
Reduced K-3		Free
Reduced PK, 4-12		\$0.40
Adult		\$4.00
Milk Only		\$0.50