



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 with 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
- ⊕ = Menu items made from or partially made from scratch

- 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 2 Mashed Potatoes & Roll
- B. Homemade Grilled Cheese Sandwich ⊕
- C. Pizza Stack Pack

Granola Bites

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

Juicy Sidekick

- A. BBQ Chicken 16 Drumstick with Roasted Potatoes and a Roll
- B. Cheese Ripper
- C. Pizza Stack Pack

Jungle Crackers

- A. BBQ Pulled Pork 23
- B. Pretzel with Cheese Sauce & Sunflower Seeds
- C. Pizza Stack Pack

Juicy Sidekick

- A. Chicken & Rice Soup ⊕ 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