



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

Tuesday

Wednesday

Thursday

Friday

This institution is an equal opportunity provider and employer.

Turkey Gravy & Mashed Potato with Roll 1
 Chicken Potato Bowl & Roll
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Cheese Ripper with Potato Soup 2
 Pork Enchilada
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos 3
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Wild Alaska Fish Burger
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos 6
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Vegan Coconut Curry 7
 Orange Chicken Bowl
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

Macaroni & Cheese 8
 Cheese Tortellini
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Cheese Ripper with Tomato Soup 9
 Chicken Alfredo Pasta
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos 10
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Wild Alaska Fish Burger
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos 13
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

BBQ Pork Sandwich 14
 Chicken Rice Soup w/Breadstick
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

Chicken Drumstick 15
 Buffalo Chicken Tot'chos
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Chicken Tortilla Soup 16 with Chips
 Big Wild Alaska Fish Taco
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos 17
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Wild Alaska Fish Burger
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos 20
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Chicken Teriyaki Bowl 21
 Korean BBQ Pork Bowl
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

Turkey Gravy & Mashed Potato with Roll 22
 Chicken Potato Bowl & Roll
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Cheese Ripper with Potato Soup 23
 Pork Enchilada
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos 24
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Wild Alaska Fish Burger
 Chicken Caesar Wrap
 Chicken Caesar Salad

27
Memorial Day No School

Chicken Curry 28
 Baked Potato with Chili & Dinner Roll
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

Vegetarian Meatballs 29
 Cheese Tortellini
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Cheese Ripper with Tomato Soup 30
 Chicken Alfredo Pasta
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos 31
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Wild Alaska Fish Burger
 Chicken Caesar Wrap
 Chicken Caesar Salad

Announcements

Offered Daily: Deli Sandwich, Pizza, Cheeseburger, Chicken Burger, Vegetable Burger, Yogurt Lunch AND Hummus Plate.

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