



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.

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

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

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**Memorial Day
No School**

Tuesday

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

BBQ Pork Sandwich 14
Chicken Rice Soup & Roll
Chicken Tenders
Spicy Chicken Wrap
Chicken Caesar Salad

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

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

Wednesday

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

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

Chicken Drumstick 15
Buffalo Chicken Tot'chos
Corn Dog
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

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

Thursday

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

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

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

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

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

Friday

Beef/Chicken Nachos 3
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Wild Alaska Fish Burger
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 17
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Wild Alaska Fish Burger
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

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, Hummus Plate, Yogurt Lunch, Pizza, Cheeseburger, Chicken Burger and Vegetable Burger

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	\$3.25
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