

Menus for May 2024



Eastern Lancaster County School District ELEMENTARY Menu

This institution is an equal opportunity provider. Menus are subject to change.



**Ice Cream sales
will stop after
May 9th!**

CINCO de MAYO

Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the

Monday, May 6

Breakfast

1. Cinni Mini
2. Assorted Muffins
Fruit/Milk

Cinco de Mayo

Lunch

1. Pepper Jack)
Cheese Enchiladas
2. Meat & Cheese
Nachos
Rice
Fruit Churros
Fruit/Veggies
Milk

Tuesday, May 7

Breakfast

1. Bacon, Egg &
Cheese Croissant
2. Donut Holes
Fruit/Milk

Lunch

1. Pepperoni Pizza
2. Grilled Cheese
3. Spartan Chicken
Salad
Tomato Soup
Chicken Noodle
Soup
Fruit/Veggies
Milk

Wednesday, May 8

Breakfast

1. Chocolate Chip
Waffle
2. Assorted Cereal
Fruit/Milk

Lunch

1. Popcorn Chicken
2. Roasted Turkey
3. Spartan Chicken
Salad
Mashed Potatoes/
Gravy/Corn/Roll
Fruit/Veggies
Milk

Thursday, May 9

Breakfast

1. Sausage Egg &
Cheese Croissant
2. Assorted Muffins
Fruit/Milk

Lunch

1. Swedish Meatballs
over egg noodles
2. Bosco Cheese
Sticks with Meatballs
3. Spartan Chicken
Salad
Side Salad
Fruit/Veggies
Milk

Friday, May 10

Breakfast

1. Egg McSpartan
2. WG Donuts
Fruit/Milk

Lunch

1. Hot Dog
2. American Hoagie
Assorted chips
Baked Beans
Fruit
Fruit/Veggies
Milk

Wednesday, May 1

Breakfast

1. Chocolate Chip
Waffle
2. Assorted Cereal
Fruit/Milk

Lunch

1. Cheese Pizza
2. Corn Dogs
3. Taco Salad
Curly fries
Fruit/Veggies
Milk

Thursday, May 2

Breakfast

1. Sausage Egg &
Cheese Croissant
2. Assorted Muffins
Fruit/Milk

Lunch

1. Build a Pizza
Munchable
2. Chicken patty
Sandwich
3. Taco Salad
Buttered Noodles
Fruit/Veggies
Milk

Friday, May 3

Breakfast

1. Egg McSpartan
2. WG Donuts
Fruit/Milk

Lunch

1. Macaroni &
Cheese
2. Protein Pack-
Trix Yogurt/Banana
Bread Slice/Cheese
Stick
Broccoli &
Cauliflower
Fruit/Veggies
Milk

ATTENTION!!

The ELANCO Food Service Department thanks you for participating in our program. School Food Service programs across the country rely solely on funds from paying patrons along with the federal and state reimbursements for each meal served to students. **It is important all meal accounts are paid in full by Wednesday, May 29th.**

Checks should be made payable to: ELANCO SD Cafe and can be dropped off or sent in with your child. Please note, these funds help pay to operate the school food service program, maintain equipment, purchase food, along with all other related operational costs to the program so it is very important all negative accounts are paid in full. If you have any questions or concerns, or do not know if you have a negative balance, please do not hesitate to contact us.

Thank You,
Jami Leisey
Director of Food Services
jami_leisey@elanco.org or 717-354-1581

Monday, May 13

Breakfast

1. Cinni Mini
2. Assorted Muffins
Fruit/Milk

Lunch

1. French Toast Sticks & Sausage
2. Sausage, Egg & Cheese Croissant
Hashbrowns
Fruit/Veggies
Milk

Tuesday, May 14

Breakfast

1. Bacon, Egg & Cheese Croissant
2. Donut Holes
Fruit/Milk

Picnic Lunch

1. Cheese Burger
2. Hot Dog
3. Chicken Caesar Salad
Chips
Potato Salad
Watermelon
Fruit/Veggies
Milk

Wednesday, May 15

Breakfast

1. Chocolate Chip Waffle
2. Assorted Cereal
Fruit/Milk

Lunch

1. Chicken Tenders
2. Granola, Fruit and Yogurt Parfait
3. Chicken Caesar Salad
Smiley Fries
Fruit/Veggies
Milk

Thursday, May 16

Breakfast

1. Sausage Egg & Cheese Croissant
2. Assorted Muffins
Fruit/Milk

Lunch

1. General Tso's Chicken
2. Sea Wonder Fish Shapes
3. Chicken Caesar Salad
Rice/Broccoli
Fruit/Veggies

Friday, May 17

Breakfast

1. Egg McSpartan
2. WG Donuts
Fruit/Milk

Lunch

1. Chicken Fries
2. Meat and Cheese Nachos

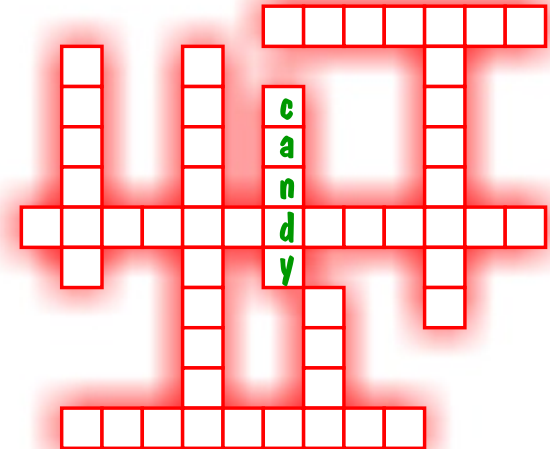
BR Lunch

- Subway Meal for Field Day
(please fill out the order form that comes home)



Sugar adds up!

On average, we should eat fewer than 12 teaspoons (about 50g) of added sugar a day. Six teaspoons or fewer is even better. The puzzle below can help you see if you're eating too much sugar for your own good -- but remember to check the nutrition labels, because added sugar (in many different disguises!) is contained in a lot of processed foods that we don't even think of as sweet!



Fit the names of the added sugar sources into the crossword puzzle.

- | | |
|---|-----------------------------------|
| Soda 10 teaspoons added sugar | Ice Cream 10 teaspoons |
| Milk Shake 25 teaspoons | Cookies 2-8 teaspoons |
| Candy (1 package) 5-10 teaspoons | Frosted Cereal 3 teaspoons |
| Fruit Drink 4-8 teaspoons | Pastry 3-12 teaspoons |

These figures are averages and are for added sugar only -- some sugar occurs naturally in unprocessed foods like whole fruits and vegetables.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 20

Breakfast

1. Cinni Mini
2. Assorted Muffins
Fruit/Milk

Lunch

1. Max Sticks with Marinara & French Fries
2. Pork & Veggie Dumplings over Stir Fried Rice
Fruit/Veggies
Milk

Tuesday, May 21

Breakfast

1. Bacon, Egg & Cheese Croissant
2. Donut Holes
Fruit/Milk

Lunch

1. Chicken Nuggets
2. Hot Dog on VW Roll
3. Taco Salad
Macaroni & Cheese
Baked Beans
Fruit/Veggies
Milk

Wednesday, May 22

Breakfast

1. Chocolate Chip Waffle
2. Assorted Cereal
Fruit/Milk

Lunch

1. Cheese Pizza
2. Corn Dogs
3. Taco Salad
Curly fries
Fruit/Veggies
Milk

Thursday, May 23

Breakfast

1. Sausage Egg & Cheese Croissant
2. Assorted Muffins
Fruit/Milk

Lunch

1. Pizza Munchable
2. Chicken Patty
3. Taco Salad
Buttered Noodles

NH Lunch

- Subway Meal for Field Day
(please fill out the order form that comes home)

Friday, May 24

Breakfast

1. Egg McSpartan
2. WG Donuts
Fruit/Milk

Lunch

1. Macaroni & Cheese
2. Protein Pack-Trix Yogurt/Banana Bread Slice/Cheese Stick

BB Lunch

- Subway Meal for Field Day
(please fill out the order form that comes home)

Monday, May 27



Tuesday, May 28

Cook's Choice



Today's Special Selections
chosen especially for you
by our Cook!

Wednesday, May 29

Cook's Choice



Today's Special Selections
chosen especially for you
by our Cook!

