

MAY | 2024

Mt. Comfort Elementary Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Bosco Sticks Marinara Sauce Green Beans Fresh Fruit Choice of Milk	30 Teriyaki Dippers Dinner Roll Baked Beans Fresh Fruit Choice of Milk	1 Sliced Pizza Broccoli Fresh Fruit Choice of Milk	2 French Toast Sausage Patty Hash Browns Fresh Fruit Choice of Milk	3 Chicken Sandwich Carrots Fresh Fruit Choice of Milk
6 Pizza Crunchers Marinara Sauce Broccoli Fresh Fruit Choice of Milk	7 Quesadillas Refried Beans Fresh Fruit Choice of Milk	8 Calzones Celery Fresh Fruit Choice of Milk	9 Chicken and Waffles Strawberry Sauce Carrots Fresh Fruit Choice of Milk	10 Hamburger Tater Tots Fresh Fruit Choice of Milk
13 Mini Corn Dogs Green Beans Fresh Fruit Choice of Milk	14 Beef and Cheese Dip Tortilla Chips Refried Beans Fresh Fruit Choice of Milk	15 French Bread Pizza Mini Peppers Fresh Fruit Choice of Milk	16 Orange Chicken Fried Rice Broccoli Fresh Fruit Choice of Milk	17 Sloppy Joes Assorted French Fries/Tater Tots Fresh Fruit Choice of Milk
20 Bosco Sticks Marinara Sauce Green Beans Fresh Fruit Choice of Milk	21 Teriyaki Dippers Dinner Roll Baked Beans Fresh Fruit Choice of Milk	22 Lunch Kit Broccoli Fresh Fruit Choice of Milk	23 Assorted Pizza Fresh Vegetables Fresh Fruit Choice of Milk	Summer Break 

Summer Break

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

All alternative meals include choice of milk, fruit and/or vegetable

Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
 - Pizza
 - Turkey, Cheese and Crackers

Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Protein Power: yogurt, grain, string cheese^V

Meal Prices:

Breakfast: \$2.25
 Lunch: \$3.50
 Adult: \$4.80
 Extra Milk: \$0.50