

May 2017 Lunch K - 8 East Central Lower

Meal Prices	
Students	
	Paid
Breakfast	\$1.50
Lunch	\$2.50
Adults	
Breakfast	\$2.00
Lunch	\$3.00

Choice of Milk Includes 1% Unflavored & Fat Free Flavored

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Tenders Texas Toast Beef Vegetable Soup W/Grilled Cheese Chef Salad Pinto Beans Au Gratin Potatoes Mixed Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Chicken Nachos Fish Nuggets Hushpuppies Chef Salad Black Eye Peas Confetti Coleslaw Rosey Applesauce Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Pizza W/WG Crust John Wayne Casserole Roll Chef Salad Carrot Sticks W/Dip Steamed Broccoli Pineapple Tidbits Fresh Fruit Asst. Fruit Juice Choice of Milk	BBQ Sandwich Chicken Quesadillas Chef Salad Baked Potato Green Beans Fruit Freeze Fresh Fruit Asst. Fruit Juice Choice of Milk	Cheeseburger Lemon Pepper Chicken Roll Fruit & Yogurt Plate Green Peas Mashed Potatoes Cinnamon Apples Fresh Fruit Asst. Fruit Juice Choice of Milk
8	9	10	11	12
Cheeseburger Steak Fingers Roll Chef Salad Green Beans French Fries Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Chicken Nuggets Hot Ham & Cheese Sandwich Chef Salad Mashed Potatoes Lima Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Pizza W/WG Crust Spaghetti W/Meat Sauce Texas Toast Chef Salad Whole Kernel Corn Garden Salad Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Beef-A-Roni Texas Toast BBQ Sandwich Chef Salad Steamed Broccoli Buttered Carrots Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Nachos Grande W/Salsa Fish Sandwich Fruit & Yogurt Plate Baked Beans Confetti Coleslaw Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
15	16	17	18	19
Cheesy Chicken over Rice Roll Cheeseburger Chef Salad French Fries Veggie Cup Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Pizza W/WG Crust Mandarin Chicken W/Rice Chef Salad California Veggies Potato Salad Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Philly Steak on Hoagie Bun Chicken Tenders Roll Chef Salad Green Beans Mashed Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Stromboli Hot Dog Chef Salad Parsley Potatoes Lima Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Soft Shell Taco Sloppy Joe on Bun Fruit & Yogurt Plate Refried Beans Whole Kernel Corn Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
22	23	24	25	26
Mexican Pizza Chicken Spaghetti Texas Toast Garden Salad W/Dressing Peas & Carrots Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Chicken Fajitas BBQ Sandwich Whole Kernel Corn Black Eyed Peas Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Turkey & Cheese on Bun Chips Side Salad Carrot Sticks W/Dip Fresh Fruit Asst. Fruit Juice Cookie Choice of Milk <b style="color: red;">60% day		
29	30	31		



Strawberries are second only to apples in fresh-fruit popularity. Most strawberry lovers know that a serving contains a lot of vitamin C. In fact, one cup of strawberries (about eight medium-sized berries) yields 150 percent daily value (DV) of vitamin C. Talk about nutrient density! That's a lot of vitamin C for only 50 calories.