



May 2017 Lunch K - 8 East Central Middle

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
Chicken Spaghetti Texas Toast Ham & Cheese Wrap Chef Salad Green Peas Sweet Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Taco Salad Sub Sandwich W/Trimings Chef Salad Macaroni & Cheese Refried Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Beef-A-Roni Texas Toast Chicken Sandwich Chef Salad Whole Kernel Corn Garden Salad W/Dressing Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Pizza W/WG Crust Chicken Fajitas Chef Salad Baked Beans Scalloped Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Country Fried Steak W/Gravy Chili Cheese Fritos Fruit & Yogurt Plate Mashed Potatoes Broccoli Salad Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
15	16	17	18	19
Cheesy Chicken Over Rice Roll Sloppy Joe on Bun Chef Salad California Veggies Potato Salad Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Cheeseburger Italian Rotini Texas Toast Chef Salad Green Beans French Fries Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Pizza W/WG Crust Chicken Ranch Wrap Chef Salad Whole Kernel Corn Garden Salad W/Dressing Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Spaghetti W/Meat Sauce Texas Toast Chicken Quesadillas Chef Salad Baked Beans Parsley Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Country Fried Steak W/Gravy Sub Sandwich W/Trimings Fruit & Yogurt Plate Mashed Potatoes Broccoli Salad Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
22	23	24	25	26
Pizza W/WG Crust Corndog Carrot Sticks W/Dip Steamed Broccoli Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Chicken Fajitas BBQ Sandwich Baked Beans Potato Salad Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Turkey & Cheese on Bun or Pizza Chips Side Salad Carrot Sticks W/Dip Fresh Fruit Asst. Fruit Juice Cookie Choice of Milk 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.