

May 2017 Lunch K - 8 East Central Upper

Meal Prices	
<u>Students</u>	Paid
Breakfast	\$1.50
Lunch	\$2.50
<u>Adults</u>	
Breakfast	\$2.00
Lunch	\$3.00

Choice of Milk Includes 1% Unflavored & Fat Free Flavored

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
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
BBQ Chicken Sandwich Chili in Bread Bowl Chef Salad Baked Beans Potato Salad Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Cheeseburger Chicken & Dumplings Roll Chef Salad French Fries Green Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Pizza W/WG Crust Chicken Alfredo Texas Toast Chef Salad Mashed Potatoes Broccoli Salad Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Chicken Fajitas Hot Dog Chef Salad Parsley Potatoes Green Peas Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Nachos Grande Chicken Spaghetti Fruit & Yogurt Plate Whole Kernel corn Refried Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
15	16	17	18	19
Hamburger Chicken & Shrimp Gumbo W/ Rice Chef Salad Cornbread French Fries Turnip Greens Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Taco Salad Cheesy Chicken over Rice Roll 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 Fajita Chef Salad Green Beans Au Gratin Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Chicken Nuggets Roll BBQ Pork Sandwich Chef Salad Mashed Potatoes Baked Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Corndog Broccoli Chicken Casserole Texas Toast Fruit & Yogurt Plate Green Peas Buttered Carrots Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
22	23	24	25	26
Pizza W/WG Crust BBQ Chicken Sandwich Green Beans Potato Salad Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Nachos Grande W/Salsa Chicken Alfredo Texas Toast Whole Kernel Corn Lima Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Turkey & Cheese on Bun 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.