

May 2017 Lunch K - 8 St. Martin East

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	Fajitas Taco Soup W/Chips Chef Salad Black Beans Steamed Broccoli Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup W/Topping Choice of Milk	Pizza W/WG Crust Chicken Spaghetti Texas Toast Chef Salad Sweet Potatoes Green Peas Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Beef-A-Roni BBQ Pork Sandwich Chef Salad Whole Kernel Corn Garden Salad W/Dressing Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin W/Topping Choice of Milk	Taco Salad Chicken Sandwich Fruit & Yogurt Plate Refried Beans Green Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
15	16	17	18	19
Chicken Taco Fish Sandwich Chef Salad Whole Kernel Corn Parsley Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Shepherds Pie Roll Pizza W/WG Crust Chef Salad Buttered Carrots Green Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin W/Topping Choice of Milk	Steak Fingers Ham & Cheese Sandwich Chef Salad Mashed Potatoes Baked Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Chicken Pot Pie BBQ Pork Sandwich Chef Salad Whole Kernel Corn Steamed Broccoli Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup W/Topping Choice of Milk	Chicken & Dumplings Hamburger Fruit & Yogurt Plate Macaroni & Cheese Green Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
22	23	24	25	26
Chicken Alfredo Fish Nuggets Garlic Toast Green Beans Buttered Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Corndog Pizza W/WG Crust Whole Kernel Corn Refried Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Ham & 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.