

May 2017 Lunch K - 8 St. Martin 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 Noodle Soup W/Grilled Cheese Country Fried Steak Roll Chef Salad Green Beans Steamed Carrots Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Pizza W/WG Crust Meatball Sub Sandwich Chef Salad Green Peas Parsley Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Macaroni & Cheese W/Ham Roll Cheeseburger Chef Salad Baked Beans Whole Kernel Corn Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	BBQ Sandwich Chicken Quesadillas Chef Salad Black Eyed Peas French Fries Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Nachos Grande W/Salsa Fish Sandwich Fruit & Yogurt Plate Confetti Coleslaw Green Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
15	16	17	18	19
Taco Soup W/Chips Corn Dog Chef Salad Baked Beans Lima Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Shepherds Pie Roll Chicken Fajita Wrap Chef Salad Green Beans Parsley Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Chicken Spaghetti Roll Cheeseburger Chef Salad Green Peas Buttered Carrots Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Spaghetti W/Meat Sauce Texas Toast BBQ Sandwich Chef Salad Green Beans Sweet Potato Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Teriyaki Chicken W/Rice Ham & Cheese Wraps Fruit & Yogurt Plate Baked Beans Whole Kernel Corn Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
22	23	24	25	26
Beef-A-Roni Roll Hot Ham & Cheese Sandwich Green Beans Buttered Carrots Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Chicken Sandwich Corn Dog Baked Beans Steamed Broccoli 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 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.