

# May 2017 Lunch K - 8 St. Martin North

<b>Meal Prices</b>	
<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
Country Fried Steak Chicken Nuggets Roll Chef Salad Mashed Potatoes Green Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Spaghetti W/Meat Sauce Texas Toast Mandarin Chicken W/Brown Rice Chef Salad Buttered Carrots Green Peas Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Soft Shell Taco Pizza W/WG Crust Chef Salad Whole Kernel Corn Refried Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Hamburger Corn dog Nuggets Chef Salad French Fries Baked Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Oven Fried Chicken Roll Sub Sandwich W/Trimmings Fruit & Yogurt Plate Black Eyed Peas Scalloped Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
15	16	17	18	19
Chili Cheese Fritos BBQ Chicken Roll Chef Salad Mashed Potatoes Lima Beans Chilled Fruit Fresh fruit Asst. Fruit Juice Choice of Milk	Sloppy Joe on Bun Chicken Tenders Roll Chef Salad French Fries Green Peas Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Chicken Alfredo Texas Toast Cheeseburger Chef Salad Green Beans Whole Kernel Corn Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Cheesy Chicken over Rice Roll Pizza W/WG Crust Chef Salad Confetti Coleslaw Black Eyed Peas Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Hot Turkey & Cheese Sandwich Nachos Grande W/Salsa Fruit & Yogurt Plate Broccoli W/Cheese Sauce Au Gratin Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
22	23	24	25	26
Chili Hamburger Macaroni & Cheese Sweet Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Chicken Sandwich Italian Rotini Texas Toast Whole Kernel Corn Green Beans 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  <p style="text-align: center; color: red;"><b>60% day</b></p>		
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.