

# May 2017 Lunch K - 8 St. Martin Upper

<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
Hamburger Corndog Chef Salad Baked Beans Green Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Chicken Sandwich Beef-A-Roni Texas Toast Chef Salad French Fries Whole Kernel Corn Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Chicken Spaghetti Texas Toast Mexican Pizza Chef Salad Parsley Potatoes Whole Kernel Corn Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Stromboli Soft Taco Chef Salad Green Beans Black Eyed Peas Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Mandarin Chicken W/Brown Rice Pizza W/WG Crust Fruit & Yogurt Plate California Veggies Potato Salad Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
15	16	17	18	19
Chicken Spaghetti Texas Toast Mexican Pizza Chef Salad Whole Kernel Corn Parsley Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Nachos Grande W/Salsa Cheeseburger Chef Salad French Fries Black Eyed Peas Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Pork Roast Po'boy Chicken Sandwich Chef Salad Mashed Potatoes Green Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Chili Cheese Fritos Corndog Nuggets Chef Salad Steamed Broccoli Green Peas Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Steak Fingers Sub Sandwich Fruit & Yogurt Plate Mashed Potatoes Green Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
22	23	24	25	26
Chicken Tenders Roll Sloppy Joe Sandwich Macaroni & Cheese Green Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Spaghetti W/Meat Sauce Texas Toast BBQ Sandwich Whole Kernel Corn Green Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Turkey & Cheese on Bun W/Trimings Chips Carrot Sticks W/Dip Fresh Fruit Asst. Fruit Juice Cookie Choice of Milk  <b style="color: red;">60% day</b>		
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.