

May 2017 Lunch K - 8 Vancleave Lower

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

<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
Beef-A-Roni Texas Toast Turkey & Cheese on Bun Chef Salad Green Beans Black Eyed Peas Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Cheesy Chicken Over Rice Roll Hot Ham & Cheese Chef Salad Potato Salad Steamed Broccoli Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Nachos Grande W/Salsa Chicken Alfredo Roll Chef Salad Refried Beans Whole Kernel Corn Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Sloppy Joe Teriyaki Chicken W/ Brown Rice Roll Chef Salad Baked Beans Parsley Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Mandarin Chicken W/Brown Rice Tuna Salad W/Crackers Fruit & Yogurt Plate Buttered Carrots Au Gratin Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk
15	16	17	18	19
Sloppy Joe Chicken Sandwich Chef Salad Steamed Broccoli Black Eyed Peas Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Spaghetti W/Meat Sauce Roll Hot Ham & Cheese Sandwich Chef Salad Green Beans Parsley Potatoes Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Chicken & Dumplings Roll BBQ Sandwich Chef Salad Potato Salad Buttered Carrots Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Beef-A-Roni Roll Chicken Fajitas Chef Salad Whole Kernel Corn Refried Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Chicken Broccoli Casserole Lemon Pepper Chicken Roll Fruit & Yogurt Plate California Veggies Baked Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
22	23	24	25	26
Cheesy Chicken over Rice Macaroni & Cheese W/ Ham Roll Parsley Potatoes Green Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Nachos Grande Turkey & Cheese on Bun Whole Kernel Corn Refried Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Pizza Whole Kernel Corn 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.