

May 2017 Lunch K-8 Vancleave 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
Country Fried Steak Roll Fish Sandwich Chef Salad Mashed Potatoes Steamed Broccoli Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Turkey & Cheese Wrap Corndog Chef Salad French Fries Baked Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Spaghetti W/Meatsauce Texas Toast Tuna Salad W/Crackers Chef Salad Whole Kernel Corn Green Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Soft Shell Taco Sloppy Joe on Slider Chef Salad Buttered Carrots Green Peas Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Chicken Spaghetti Ham & Cheese on Bun Fruit & Yogurt Plate California Veggies Lima Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk
15	16	17	18	19
Cheeseburger Pizza W/WG Crust Chef Salad Whole Kernel Corn Lima Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Nachos Grande W/Salsa BBQ Sandwich Chef Salad Baked Beans Potato Salad Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Steak Fingers Roll Chicken Salad W/Bread Chef Salad Black Eyed Peas Buttered Carrots Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Chicken Fajitas Sub Sandwich Chef Salad Parsley Potatoes Green Peas Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Spaghetti W/Meatsauce Hot Ham & Cheese on Bun Fruit & Yogurt Plate Green Beans Steamed Broccoli Chilled Fruit Fresh Fruit Assorted Gelatin Choice of Milk
22	23	24	25	26
Italian Rotini Texas Toast Chicken Noodle Soup W/Grilled Cheese Green Bean Casserole Buttered Carrots Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Chili Cheese Fritos Hot Dog Baked Beans Potato Salad Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Turkey & Cheese on Bun or Pizza 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.