

# May 2017 Lunch K - 8 Vancleave Upper

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
Spaghetti W/Meatsauce Texas Toast Chicken Fajitas Chef Salad Refried Beans Steamed Broccoli Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Cheesy Chicken over Rice Roll Sloppy Joe On Slider Bun Chef Salad Glazed Carrots Black Eyed Peas Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Hot Ham & Cheese Yumbo Pizza W/WG Crust Chef Salad Tator Tots Green Beans Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	BBQ Chicken Sandwich Italian Rotini Texas Toast Chef Salad Baked Beans Buttered Carrots Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Chicken Alfredo Soft Shell Taco Fruit & Yogurt Plate Refried Beans California Veggies Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk
15	16	17	18	19
Nachos Grande W/Chips Chicken Sandwich Chef Salad Refried Beans Whole Kernel Corn Chilled Fruit Fresh Fruit Asst. Fruit Juice Pudding Cup Choice of Milk	Sub Sandwich Chicken Spaghetti Chef Salad Green Beans California Veggies Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Fried Chicken Roll Chicken Quesadillas Chef Salad Mashed Potatoes Glazed Carrots Chilled Fruit Fresh Fruit Asst. Fruit Juice Choice of Milk	Turkey W/Gravy Roll Fish Sandwich Chef Salad Whole Kernel Corn Parsley Potatoes 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
22	23	24	25	26
Chicken Salad on Lettuce W/Crackers Meatball Sub Black Eyed Peas Whole Kernel Corn Chilled Fruit Fresh Fruit Asst. Fruit Juice Assorted Gelatin Choice of Milk	Corndog Nuggets Shrimp W/Hushpuppies Baked Beans Parsley Potatoes 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  <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.