

# May 2017 Lunch K - 8

<b>Meal Prices</b>	
<b>Students</b>	<b>Paid</b>
Breakfast	\$1.50
Lunch	\$2.50
<b>Adults</b>	
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
Manager Choice Menu	Manager Choice Menu	Manager Choice Menu	Manager Choice Menu	Manager Choice Menu
15	16	17	18	19
Manager Choice Menu	Manager Choice Menu	Manager Choice Menu	Manager Choice Menu	Manager Choice Menu
22	23	24	25	26
Manager Choice Menu	Manager Choice Menu	Turkey & Cheese on Bun or Pizza Chips Side Salad Carrot Sticks W/Dip Fresh Fruit Asst. Fruit Juice Cookie Choice of Milk <b>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.