LUNCH MAY 2017

Reduced Price .40 (child) Full Price $2.75 (Child) Adult Price $2.75

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| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| WEEKLY AVERAGE:  Calories: 600-650  Sodium: < 1230  Sat. Fat: < 10  Trans Fat: Zero | NSLP REQUIREMENTS:  Fruit: ½ cup daily  Veggies: ¾ cup daily  Meat/Alt: 1.75 oz. daily  Grains: 1.75 oz. daily  Milk: 1 cup daily |  | Please advise Ms. Leslie 24 hrs. in advance if you would like to have breakfast or lunch with your child/ grandchild so  We may plan accordingly. |
| 1  Beef Mac-n-Cheese,  ¾ cup Veggie,  ½ cup Fruit  Milk Variety FFV | 2  Teriyaki Chicken,  Whole Grain Noodles,  ¾ cup Veggies,  ½ cup Fruit  Milk Variety | 3  Beef and Bean Tostado,  Spanish Rice,  ¾ cup Veggie,  ½ cup Fruit  Milk Variety FFV | 4  Small Schools Track Meet Field Trip  Lunch provided for all students. |
| 8  Ham Sandwich,  Lettuce, Tomato,  ¾ cup Veggie,  ½ cup Fruit  Milk Variety | 9  Chicken Nuggets w/Dipping Sauce,  ¾ cup Veggie,  ½ cup Fruit  Milk Variety FFV | 10  Beef & Cheese Nacho’s,  ¾ cup Veggie  ½ cup Fruit  Variety Milk FFV | 11  Lake Havasu Aquatics Center Field Trip  Lunch provided for all students. |
| 15  Salisbury Steak, Mashed  Potatoes w/Brown Gravy,  ¾ cup Veggie,  ½ cup Fruit  Milk Variety | 16  Cheese or Pepperoni Pizza, Garden Salad w/  Dressing,  ¾ cup Veggies,  ½ cup Fruit  Milk Variety FFV | 17  Baked Potato w/Fixings,  Graham Cracker  ¾ cup Veggies  ½ cup Fruit  Milk Variety FFV | 18  Keepers of the Wild  Field Trip  Lunch provided for all students |
| 22  BBQ Chicken,  Whole Grain Rice,  ¾ cup Veggie  ½ cup Fruit  Variety Milk | 23  LAST DAY OF SCHOOL  MINIMUM DAY  NO LUNCH SERVED |  | Have a great  Summer …. |

**THIS INSTITUTION IS AN EQUIL OPPORTUNITY PAROVIDER.**

Menu is subject to change without notice.

Milk variety: Low Fat 1% White, or Non Fat Chocolate or Non Fat Strawberry

BREAKFAST MAY 2017

Breakfast in Classroom Adult Price $2.75

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| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| WEEKLY AVERAGE  Calories: 400-500  Sodium: <540  Sat. Fat: < 10  Trans Fat: 0 g./serving | NSLP REQUIREMENTS:  Fruit: 1 cup daily  Grains: 2 oz. daily  Meat/Alt. Optional |  | Please advise Ms. Leslie  24 hrs. in advance if you would like to have breakfast with your child/grandchild so we may plan accordingly. |
| 1  Toasted Bagel,  Hash Brown,  1 cup Fruit  Milk Variety | 2  Banana Nut Square,  Hard Boiled Egg,  1 cup Fruit  Milk Variety | 3  Whole Grain French Toast,  1 cup Fruit  Milk Variety | 4  Breakfast Cookie,  Yogurt,  1 cup Fruit  Milk Variety |
| 8  Pancakes,  1 cup Fruit  Milk Variety | 9  Breakfast Sandwich on a  Whole Grain Bun,  1 cup Fruit  Milk Variety | 10  Oatmeal,  1 cup Fruit  Milk Variety | 11  Breakfast Burrito,  1 cup Fruit  Milk Variety |
| 15  Whole Grain Toast,  Sausage Patty,  1 cup Fruit  Milk Variety | 16  Whole Grain Waffle,  1 cup Fruit  Milk Variety | 17  Cereal w/Milk,  1 cup Fruit  Milk Variety | 18  Scrambled Eggs w/Cheese,  Whole Grain Toast,  1 cup Fruit  Milk Variety |
| 22  Whole Grain Cereal Bar  Yogurt,  1 cup Fruit  Milk Variety | 23  Whole Grain Toasted  English Muffin,  1 cup Fruit  Milk Variety |  | Have a great  Summer …. |

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