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: 600-650Sodium: < 1230 Sat. Fat: < 10Trans Fat: Zero | NSLP REQUIREMENTS:Fruit: ½ cup dailyVeggies: ¾ cup dailyMeat/Alt: 1.75 oz. dailyGrains: 1.75 oz. dailyMilk: 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. |
| 1Beef Mac-n-Cheese,¾ cup Veggie,½ cup FruitMilk Variety FFV | 2Teriyaki Chicken,Whole Grain Noodles,¾ cup Veggies,½ cup FruitMilk Variety  | 3Beef and Bean Tostado,Spanish Rice,¾ cup Veggie,½ cup FruitMilk Variety FFV | 4Small Schools Track Meet Field TripLunch provided for all students. |
| 8Ham Sandwich,Lettuce, Tomato,¾ cup Veggie,½ cup FruitMilk Variety | 9Chicken Nuggets w/Dipping Sauce,¾ cup Veggie,½ cup FruitMilk Variety FFV | 10Beef & Cheese Nacho’s,¾ cup Veggie½ cup FruitVariety Milk FFV  | 11Lake Havasu Aquatics Center Field TripLunch provided for all students.  |
| 15Salisbury Steak, MashedPotatoes w/Brown Gravy,¾ cup Veggie,½ cup FruitMilk Variety  | 16Cheese or Pepperoni Pizza, Garden Salad w/Dressing,¾ cup Veggies,½ cup FruitMilk Variety FFV | 17Baked Potato w/Fixings,Graham Cracker¾ cup Veggies½ cup Fruit  Milk Variety FFV  | 18Keepers of the Wild Field TripLunch provided for all students |
| 22BBQ Chicken,Whole Grain Rice, ¾ cup Veggie½ cup FruitVariety Milk  | 23LAST DAY OF SCHOOLMINIMUM 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 AVERAGECalories: 400-500Sodium: <540Sat. Fat: < 10Trans Fat: 0 g./serving | NSLP REQUIREMENTS:Fruit: 1 cup dailyGrains: 2 oz. dailyMeat/Alt. Optional |  | Please advise Ms. Leslie24 hrs. in advance if you would like to have breakfast with your child/grandchild so we may plan accordingly. |
| 1Toasted Bagel,Hash Brown,1 cup FruitMilk Variety | 2Banana Nut Square,Hard Boiled Egg,1 cup FruitMilk Variety | 3Whole Grain French Toast,1 cup FruitMilk Variety | 4Breakfast Cookie,Yogurt,1 cup FruitMilk Variety |
| 8Pancakes,1 cup FruitMilk Variety | 9Breakfast Sandwich on aWhole Grain Bun,1 cup FruitMilk Variety | 10Oatmeal,1 cup FruitMilk Variety | 11Breakfast Burrito,1 cup FruitMilk Variety |
| 15Whole Grain Toast,Sausage Patty,1 cup FruitMilk Variety | 16Whole Grain Waffle,1 cup FruitMilk Variety | 17Cereal w/Milk,1 cup FruitMilk Variety | 18Scrambled Eggs w/Cheese,Whole Grain Toast,1 cup FruitMilk Variety |
| 22Whole Grain Cereal BarYogurt,1 cup FruitMilk Variety |  23Whole Grain ToastedEnglish Muffin,1 cup FruitMilk Variety |  | Have a great Summer …. |

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