



May 2017 K-8 Lunch Menu

1 WG Chicken Corndog (2m, 2wg) Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) <i>ca=640 cb=103 so=781</i>	2 WG Chicken Nuggets (2m, 1wg) Ketchup WG Dinner Roll (1wg) Mashed Potatoes (3/4s) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 630 cb=83 so=1178</i>	3 BBQ Beef Rib & WG Bun (2m, 1.5wg) BBQ Sauce Green Beans (3/4o) Fresh Cut Pineapple (1/2c) Milk (1c) <i>ca= 610 cb=81 so=1038</i>	4 Beef Meatballs & Spaghetti (1.6m, 1/4r marinara) WG Pasta (1/8wg) Carrot Sticks (1/2r) Craisins (1/2c) WG Roll (1wg) Milk (1c) <i>ca= 620 cb=80 so=841</i>	5 Tony's WG Beef Pepperoni Pizza (2m, 2wg, 1/8r) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 650 cb=98 so=1083</i>
8 Hamburger Patty & WG Bun (2m, 1.75wg) Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) <i>ca= 650 cb=102 so=1022</i>	9 WG Chicken Patty & WG Bun (2m, 2.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Fresh Cut Pineapple (1/2c) Milk (1c) <i>ca= 650 cb=94 so=1178</i>	10 Beef Meatball Sub & WG Bun (1.6m, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 600 cb=76 so=974</i>	11 WG Chicken Nuggets (2m, 1wg) Italian Green Beans (3/4o) WG Dinner Roll (1wg) Fresh Cut Pineapple(1/2c) Ketchup Milk (1c) <i>ca=640 cb=82 so=1230</i>	12 Tony's WG Beef Pepperoni Pizza (2m, 2wg, 1/8r) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 650 cb=98 so=1083</i>
15 Beef Meatballs & Gravy (1.6m) Mashed Potatoes (3/4s) WG Dinner Roll (1wg) Whole Banana (1/2c) Milk (1c) <i>ca= 600 cb=85 so=1059</i>	16 Walking Taco Beef (.5m) WG Doritos (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 640 cb=109 so=623</i>	17 Sloppy Joe & WG Bun (2m, 1.75wg, 1/4r) Ranch Carrot Sticks (1/2r) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 635 cb=86 so=1124</i>	18 Deli Turkey Sandwich & WG Bun (2m, 1.75wg) Green Beans (3/4o) Bear Grahams (1wg) Fresh Cut Melon (1/2c) Mustard Milk (1c) <i>ca= 600 cb=96 so=1146</i>	19 Tony's WG Beef Pepperoni Pizza (2m, 2wg, 1/8r) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 650 cb=98 so=1083</i>
22 WG Chicken Corndog (2m, 2wg) Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) <i>ca=640 cb=103 so=781</i>	23 WG Chicken Nuggets (2m, 1wg) Ketchup WG Dinner Roll (1wg) Mashed Potatoes (3/4s) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 630 cb=83 so=1178</i>	24 BBQ Chicken & WG Bun (2m, 1.75wg) BBQ Sauce Green Beans (3/4o) Craisins (1/2c) Milk (1c) <i>ca= 625 cb=104 so=1165</i>	25 Beef Meatballs & Spaghetti (1.6m, 1/4r marinara) WG Pasta (1/8wg) Carrot Sticks (1/2r) Craisins (1/2c) WG Roll (1wg) Milk (1c) <i>ca= 620 cb=80 so=841</i>	26 <u>LAST DAY OF SCHOOL</u> Tony's WG Beef Pepperoni Pizza (2m, 2wg, 1/8r) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 650 cb=98 so=1083</i>
29 Memorial Day	30 No School	31 No School	<i>ca = calories grams cb = carbohydrates grams so = sodium mg</i> <i>Fat Free Chocolate Milk or 1% White Milk Offered</i> <i>All bread items whole grain</i>	<i>m = meat/protein wg = whole grain r = red/orange l = legume o = other s = starchy g = green</i>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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