

May K-8 Lunch Menu

2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject to Change.</p> <p>Each meal served with choice of 1c 1% milk (12g) or 1c fat-free flavored milk (22g). Enjoy!</p>	<p>Cheese Quesadillas 1</p> <p>4oz 100% juice (15) ½ c Pinto beans (23) ¼ c Green beans 3 each WG cheese quesadillas (2oz MMA, 2oz G) (31) Taco sauce packet</p>	<p>Chef Salad 2</p> <p>½ c Fresh banana (15) ¼ c Fresh baby carrots 1.5oz Diced turkey, 0.5oz cheddar cheese over 1c salad mix 2oz WG breadsticks (28) Ranch packet</p>	<p>Chicken Patty 3</p> <p>4oz 100% juice (15) ¾ c Diced carrots (9) Chicken patty (15) (2oz MMA) on 2oz WG bun (24) BBQ packet</p>	<p>Salisbury Steak 4</p> <p>½ c Mixed fruit (15) ½ c Steamed broccoli 2oz Salisbury steak with gravy over ¼ c mashed potatoes (7) 1oz WG dinner roll (14)</p>
	<p>Hamburger 7</p> <p>½ c Applesauce (15) ¾ c Steamed broccoli (5) 2oz Beef patty on 2oz WG bun (24) Ketchup & mustard</p>	<p>Stuffed Crust Pizza 8</p> <p>4oz 100% juice (15) ¾ c Fresh baby carrots (9) WG stuffed crust cheese pizza (2oz MMA, 2oz G) (30) Ranch packet Marinara cup</p>	<p>Pasta with Meat Sauce 9</p> <p>½ c Fresh banana (15) ½ c Green beans 1c WG pasta (40) with ¼ c Spaghetti sauce, 1oz Ground beef, 1oz Mozzarella cheese</p>	<p>Hot Dog 10</p> <p>4oz 100% juice (15) ¾ c Tater tots (20) 2oz Turkey hot dog on 2oz WG bun (23) Ketchup & mustard</p>
<p>Turkey Cheese Sandwich 14</p> <p>½ c Applesauce (15) ¾ c Fresh baby carrots (9) 1.5oz Sliced turkey breast, 0.5oz American cheese on 2oz WG bread (26) Ranch packet</p>	<p>Chicken Nuggets 15</p> <p>4oz 100% juice (15) ½ c Hickory beans (20) ¼ c Diced carrots 5 each WG chicken nuggets (2oz MMA, 1oz G) (12) 1oz WG graham crackers (18) BBQ packet</p>	<p>Swedish Meatballs 16</p> <p>½ c Fresh banana (15) ¾ c Green beans (5) 2oz Meatballs with Swedish gravy over ½ c WG pasta (20)</p>	<p>Waffles & Sausage 17</p> <p>4oz 100% juice (15) ¾ c Breakfast potatoes (20) 2oz WG waffles (33) with 2oz Turkey sausage Syrup cup (29) Ketchup</p>	<p>Cheesy Chicken Casserole 18</p> <p>½ c Mixed fruit (15) ¾ c Steamed broccoli (5) 2oz Roasted chicken over 1c brown rice with cheese sauce (45)</p>
<p>Sloppy Joe 21</p> <p>½ c Applesauce (15) ½ c Hickory beans (20) ¼ c Diced carrots 2oz Ground beef with sauce on 2oz WG bun (24)</p>	<p>Ham Dinner 22</p> <p>4oz 100% juice (15) ½ c Steamed broccoli 2oz Sliced turkey ham with gravy over ¼ c mashed potatoes (7) 1oz WG dinner roll (14)</p>	<p>Salad with Ranch Chicken 23</p> <p>½ c Fresh banana (15) ¼ c Fresh baby carrots 1.5oz Roasted chicken, 0.5oz cheddar cheese over 1c salad mix 2oz WG breadsticks (28) Ranch packet</p>	<p>Beef Cheddar Burrito 24</p> <p>4oz 100% juice (15) ¾ c Kernel corn (18) 1.5oz Seasoned beef, 0.5oz cheddar cheese on 2oz WG tortilla (34) Taco sauce packet</p>	<p>Oriental Stir Fry 25</p> <p>½ c Mixed fruit (15) ¾ c Steamed broccoli (5) 2oz Roasted chicken with stir fry sauce over ½ c brown rice (23) 1oz WG chocolate chip cookies (36)</p>
<p>28</p>	<p>Chicken Nuggets 29</p> <p>4oz 100% juice (15) ¾ c Green beans (5) 5 each WG chicken nuggets (2oz MMA, 1oz G) (12) 1oz WG graham crackers (18) BBQ packet</p>	<p>Hot Dog 30</p> <p>½ c Fresh banana (15) ¾ c Tater tots (20) 2oz Turkey hot dog on 2oz WG bun (23) Ketchup & mustard</p>	<p>Meatloaf with Gravy 31</p> <p>4oz 100% juice (15) ½ c Diced carrots (6) 2oz Meatloaf with gravy over ¼ c Mashed potatoes (7) 1oz WG dinner roll (14)</p>	
<p>NO SERVICE</p>				

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