



All school meals are **FREE** to all students for the 2021-22 year

Menu Subject to Change Based on Availability

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Monday

Whole Grain Pop-Tart
Apple
Juice
Milk of Choice

Tuesday

Super Bun
Mandarin Oranges
Juice
Milk of Choice

Wednesday

Cereal Bar
Banana
Yogurt
Juice
Milk of Choice

Thursday

Super Donut
Peaches
Juice
Milk of Choice

Friday

Blueberry Muffin
Apple
Juice
Milk of Choice



May 5th



May 30th

MAY 2022

PLEASE PROVIDE THE SCHOOL NURSE AND NUTRITION STAFF WITH
MEDICAL DOCUMENTATION OF STUDENT FOOD ALLERGIES

LUNCH



All school meals are **FREE** to all students for the 2021-22 year

Menu Subject to Change Based on Availability

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



May is National Egg Month. Eggs can be eaten in a salad, as part of a breakfast sandwich, as an omelet, mixed into fried rice, or simply boiled, fried or scrambled. How do you like to eat eggs?

MONDAY

Popcorn Chicken
Baked Beans
Chilled Pineapple
Wheat Bread
Milk Choice **2**

Meatballs
Potato Wedges
Wheat Bread
BBQ Sauce & Ketchup
Pineapple Tidbits
Milk Choice **9**

Hamburger on Wheat Bun
Slice of Cheese
Potato Wedges
Chilled Pineapples
Ketchup Packet
Milk Choice **16**

Popcorn Chicken
Baked Beans
Chilled Pineapple
Wheat Bread
Milk Choice **23**

TUESDAY

Chicken Sausage
Potato Wedges
French Toast Sticks
Applesauce
Ketchup
Milk Choice **3**

Beef & Bean Burrito
Ranch Beans
Apple
Assorted Cookie
Milk Choice **10**

Chicken Nuggets
Green Beans
Peaches
Wheat Bread
Ketchup
Milk Choice **17**

Chicken Sausage
Potato Wedges
French Toast Sticks
Applesauce
Ketchup
Milk Choice **24**

WEDNESDAY

Turkey Sandwich on Wheat
Corn Chips
Mixed Green Salad
Mustard & Ranch Dressing Lite
Apple & Milk Choice
Cheese Pizza at West & North Elem **4**

Turkey Sandwich on Wheat
Corn Chips
Side Kick & Chilled Baby Carrots
Mustard & Ranch Dressing Lite
Apple & Milk Choice
Cheese Pizza @ West & North MS/HS **11**

Turkey Sandwich on Wheat
Corn Chips
Mixed Green Salad
Mustard & Ranch Dressing Lite
Apple & Milk Choice
Cheese Pizza at West & North Elem **18**

Turkey Sandwich on Wheat
Corn Chips
Side Kick & Chilled Baby Carrots
Mustard & Ranch Dressing Lite
Apple & Milk Choice
Cheese Pizza @ West & North MS/HS **25**

THURSDAY

Cheesy Breadsticks
Green Beans
Apple
Cookie
Milk Choice **5**

Turkey Corn Dog
Side Kick
Baby Carrots w/ Ranch Dressing
Banana
Ketchup
Milk Choice **12**

Breaded Chicken Patty
on WW Bun
Ranch Beans
Mayonnaise & Ketchup
Banana
Milk Choice **19**

Cheesy Breadsticks
Green Beans
Apple
Cookie
Milk Choice **26**

FRIDAY

Spaghetti w/ Meat Sauce
Mixed Green Salad w/ Lite Ranch
Mandarin Oranges
Milk Choice **6**

Baked Ziti & Beefy Meat Sauce
Whole Wheat Bread Slice
Mixed Green Salad
w/ Ranch Dressing
Mandarin Oranges
Milk Choice **13**

Cheesy Chicken Pasta
Sidekick
Baby Carrots
Lite Ranch Dressing
Whole Wheat Bread
Pears & Milk Choice **20**

Spaghetti w/ Meat Sauce
Mixed Green Salad
w/ Lite Ranch
Mandarin Oranges
Milk Choice **27**



May
5th



May
30th

