



May 2014
Middle School Lunch

LUNCH PRICES		A La Carte Items	
Elementary	\$2.00	String Cheese	\$.50
Middle	\$2.35	Yogurt/Capri Sun	\$.75
High	\$2.50	Water-8 oz.	\$.50
Adult	\$2.75	Sunflower Kernels	\$.60
		Low Fat Ice Cream	\$.65
		Juice Bar	\$.50
		Pop Tart	\$.60
		All Crackers	\$.50

Parents are encouraged to prepay for student meals at link: <https://www.schoolpaymentsolutions.com/>

School Nutrition Employee Week

CELEBRATE MAY 5-9, 2014

Between preparing healthy meals for America's students, adhering to strict nutrition standards, navigating student food allergies and offering service with a smile, school nutrition professionals are true Heroes!


School Nutrition Employee Week is the perfect opportunity to recognize the hardworking professionals in school cafeterias. SNA has designated this week to remind everyone—directors, managers, parents, students, and school staff—that school nutrition employees are superheroes that deserve some recognition.



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Low fat and fat free milk served daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Each day we offer freshly made, pre-packaged entrée salads of garden greens topped with fresh vegetables and the chef's selection of roast turkey or ham, cheese, sliced chicken patty, tuna salad, egg salad or taco meat with a choice of dressing. Our entrée salads are available daily with legumes and sunflower kernels instead of meat or cheese.			1 Oven Fried Chicken Latin Style Black Beans Over Brown Rice W/ Salsa** Homemade Egg Salad/ Wheat Bun Garden Fresh Entrée Salads Steamed Collard Greens Creamy Mashed Potatoes Chilled Peaches Wheat Roll Fresh Fruit	2 Golden Baked ChickenTenders Oven Baked Fish Patty/Bun Oven Baked Catfish Garden Fresh Entrée Salads Sweet Potato Fries Farm Fresh Corn Cobbettes Fruit Blend Juice
<i>Menu subject to change due to availability.</i>				
5 Mexican Pizza Bean & Cheese Burrito Garden Fresh Entrée Salads Fresh Baby Carrots Steamed Broccoli Chilled Tropical Fruit Salad Fresh Fruit	6 Spicy General Tso Chicken Over Brown Rice Latin Style Black Beans Over Brown Rice W/ Salsa** Homemade Tuna Salad/ Crackers Garden Fresh Entrée Salads Steamed Corn Latin Style Black Beans Blue Raspberry Juice Fresh Fruit	7 Cheeseburger Sliders Deli Style Turkey & Cheese Wrap Garden Fresh Entrée Salads Fresh Mini Sweet Peppers Sweet Potato Waffle Fries Strawberry Cups Fresh Fruit	8 Creamy Macaroni & Cheese Chicken Empanada Garden Fresh Entrée Salads Wheat Roll Mixed Vegetable Medley Fresh Cucumber Slices Chilled Tropical Fruit Special Fresh Fruit – Pineapple Pushups	9 Chili Lime Chicken Wings Chicken Wings of Fire Crunchy Fish Nuggets Garden Fresh Entrée Salads Wheat Roll Sweet Potato Fries Farm Fresh Green Beans Grape Juice Fresh Fruit
12 French Bread Pepperoni Pizza Beef Dippers Over Brown Rice Garden Fresh Entrée Salads Wheat Roll Fresh Baby Carrots Steamed Broccoli Chilled Tropical Fruit Salad Fresh Fruit	13 Oven Fried Chicken Latin Style Black Beans Over Brown Rice W/ Salsa** Homemade Tuna Salad/ Crackers Garden Fresh Entrée Salads Latin Style Black Beans Caramelized Plantains Peach Juice Fresh Fruit	14 Flame-Broiled Burger/ Wheat Bun Deli Style Turkey Ham & Cheese Wrap Garden Fresh Entrée Salads Baked Beans Oven Browned Potato Smiles Chilled Pineapple Fresh Fruit	15 Teriyaki Chicken Over Brown Rice Chicken Quesadilla Pocket Garden Fresh Entrée Salads Fresh Celery Sticks Mixed Vegetable Medley Chilled Applesauce Fresh Fruit	16 Golden Baked Chicken Tenders Honey BBQ Beef Rib/ Wheat Bun Garden Fresh Entrée Salads Sweet Potato Fries Farm Fresh Corn Cobbettes Fruit Blend Juice Fresh Fruit
19 5 " Personal Pan Pizza Cheeseburger Sliders Garden Fresh Entrée Salads Fresh Baby Carrots Steamed Broccoli Chilled Tropical Fruit Salad Fresh Fruit	20 Spicy General Tso Chicken Over Brown Rice Latin Style Black Beans Over Brown Rice W/ Salsa** Homemade Tuna Salad/ Crackers Garden Fresh Entrée Salads Steamed Corn Mixed Vegetable Medley Green Apple Juice Fresh Fruit	21 All Beef Hot Dog/Wheat Deli Style Turkey & Cheese Wrap Garden Fresh Entrée Salads Sweet Potato Waffle Fries Baked Beans Chilled Pineapple Fresh Fruit	22 Oven Baked Chicken Patty/Wheat Bun Asian Egg Roll Garden Fresh Entrée Salads Sweet Potato Fries Farm Fresh Green Beans Grape Juice Fresh Fruit	NO SCHOOL
NO SCHOOL 	26 Mexican Pizza <i>Manager's Choice</i> Garden Fresh Entrée Salads Fresh Baby Carrots Steamed Spinach Blue Raspberry Juice Fresh Fruit	27 Flame-Broiled Burger/ Wheat Bun <i>Manager's Choice</i> Garden Fresh Entrée Salads Baked Beans Sweet Potato Waffle Fries Chilled Pineapple Fresh Fruit	29 Turkey & Gravy Latin Style Black Beans Over Brown Rice W/ Salsa** <i>Manager's Choice</i> Garden Fresh Entrée Salads Wheat Roll Steamed Green Beans Creamy Mashed Potatoes Chilled Apricots Fresh Fruit	30 Golden Baked ChickenTenders <i>Manager's Choice</i> Garden Fresh Entrée Salads Sweet Potato Fries Farm Fresh Corn Cobbettes Fruit Blend Juice Fresh Fruit