



May 2019 K-8 Lunch Menu

<i>ca = calories grams</i> <i>cb = carbohydrates grams</i> <i>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</i> <i>wg = whole grain</i> <i>r = red/orange</i> <i>l = legume</i> <i>o = other</i> <i>s = starchy</i> <i>g = green</i>	1 Walking Taco Beef (.5m) WG Doritos (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Cut Pineapple (1/2c) Milk (1c) <i>ca= 645 cb=118 so=676</i>	2 Beef Meatballs & Spaghetti (1.8m, 5 meatballs, 1/4r marinara) WG Pasta (1/4wg) Carrot Sticks (1/2r) Fresh Cut Pineapple (1/2c) WG Roll (1wg) Milk (1c) <i>ca= 635 cb=66 so=1035</i>	3 Tony's Pizza (2m, 2wg, 1/8r) Celery Sticks (3/4o) Beef Peperoni Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 610 cb=79 so=1145</i>
6 Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) <i>ca= 600 cb=108 so=991</i>	7 WG Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Broccoli (3/4g) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 605 cb=95 so=1056</i>	8 Diced Chicken BBQ (2m) WG Bun (1.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Ranch Whole Banana (1/2c) Milk (1c) <i>ca= 650 cb=99 so=1011</i>	9 WG Chicken Nuggets (2m, 1wg) Ketchup Corn (3/4s) Bear Grahams (1wg) Whole Banana (1/2c) Milk (1c) <i>ca= 605 cb=91 so=1159</i>	10 Bosco Sticks (1m, 2wg) Marinara (1/8r) Celery (1/4o) Carrots (1/2r) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 649 cb=95 so=1022</i>
13 Salisbury Steak & Gravy (2m) WG Dinner Roll (1wg) Mashed Potatoes (3/4s) Whole Apple (1/2c) Milk (1c) <i>ca= 606 cb=98 so=1317</i>	14 WG Chicken Tenders (2m, 1wg) Black Bean & Corn Medley (1/4s, 1/2l) Dinner Roll (1wg) Whole Banana (1/2c) Milk (1c) <i>ca=633 cb=92 so=1070</i>	15 WG Chicken Corndog (2m,2wg) Green Beans (3/4o) Ketchup WG Cheez-its (1wg) Fresh Pineapple (1/2c) Milk (1c) <i>ca= 610 cb=84 so=1030</i>	16 Beef Meatball Sub & WG Bun (1.8m, 5 meatballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 600 cb=75 so=1211</i>	17 WG Grilled Cheese Sandwich (1.5m, 1.5wg) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 620 cb=96 so=997</i>
20 Beef Quesadilla (2m, 2wg) Taco Sauce Corn (3/4s) Whole Banana (1/2c) Milk (1c) <i>ca= 625 cb=111 so=991</i>	21 WG Chicken Nuggets (2m, 1wg) Ketchup Broccoli (3/4g) Ranch Dinner Roll (1wg) Fresh Cut Melon (1/2c) Milk (1c) <i>ca=635 cb=82 so=1071</i>	22 Walking Taco Beef (.5m) WG Doritos (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Cut Pineapple (1/2c) Milk (1c) <i>ca= 645 cb=118 so=676</i>	23 Beef Meatballs & Spaghetti (1.8m, 5 meatballs, 1/4r marinara) WG Pasta (1/4wg) Carrot Sticks (1/2r) Fresh Cut Pineapple (1/2c) WG Roll (1wg) Milk (1c) <i>ca= 635 cb=66 so=1035</i>	24 Tony's Pizza (2m, 2wg, 1/8r) Celery Sticks (3/4o) Beef Peperoni Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 610 cb=79 so=1145</i>
27 Memorial Day	28 WG Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Broccoli (3/4g) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 605 cb=95 so=1056</i>	29 Diced Chicken BBQ (2m) WG Bun (1.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Ranch Whole Banana (1/2c) Milk (1c) <i>ca= 650 cb=99 so=1011</i>	30 WG Chicken Nuggets (2m, 1wg) Ketchup Corn (3/4s) Bear Grahams (1wg) Whole Banana (1/2c) Milk (1c) <i>ca= 605 cb=91 so=1159</i>	31 Bosco Sticks (1m, 2wg) Marinara (1/8r) Celery (1/4o) Carrots (1/2r) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 649 cb=95 so=1022</i>

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

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