

May 2017 MENU

All meals are served with 1% or fat free flavored milk

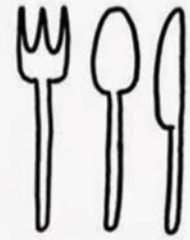
Monday	Tuesday	Wednesday	Thursday	Friday
1 Mac & Cheese WW Pasta 4oz Cheese 3oz Vegetable 1 Cup Fruit 1 Cup	2 Pulled Pork Sandwich WW Roll 2oz Pork 3oz Cole Slaw 1 Cup Baked Beans 1C Fruit 1 Cup	3 Teriyaki Bowl Chicken 3oz Rice 1 cup Vegetables 1 Cup Fruit 1 Cup	4 Fish Sandwich Fish 4oz Cheese 1oz WW Roll 2oz Potato Wedges 1 Cup Fruit 1 cup	5 Pizza Vegetables 1 Cup Fruit 1Cup
8 Chicken Parmesan Sub Chicken 3oz Cheese 2oz WW Roll 2oz Tomato Sauce ½ C Vegetable 1Cup Fruit 1 Cup	9 CBP In a Garlic sauce Meat 3oz Vegetable 1Cup Grain 2oz Fruit 1 Cup <i>Chicken/Broccoli/Pasta</i>	10 Cowboy Burger BBQ Sauce 2oz Onion Rings ½ Cup Cheese Vegetable Fruit	11 Hot Beef Sundae Beef 3oz Carrots ½ C Potato ¾ C Cheese 2oz Gravy 2oz Fruit 1Cup	12 Pizza Vegetables 1 Cup Fruit 1Cup
15 Hot Dog WW Roll Chips 1oz Vegetable 1 Cup Fruit 1 Cup	16 Chicken Fajita Chicken 3oz WW Wrap 2oz Cheese 1 oz Onions, Peppers 1 Cup Corn Salad 1C Sour Cream 1oz Fruit 1 Cup	17 Colonels Famous Bowl Chicken Corn ½ cup Potato 1 cup Gravy 2oz Cheese 1oz Fruit 1 cup	18 Chicken Noodle Soup & Vegetables WW Roll 2oz Fruit 1 Cup Treat	19 Pizza Vegetables 1 Cup Fruit 1Cup
22 Strawberry Banana Smoothie Cheese Stix Blueberry Muffin Hash Brown	23 Taco Chicken Frito Boat Chicken 3oz Lettuce Tomato Onion Salsa Dressing Fruit 1 Cup	24 Pasta w/ Meat Sauce WW Pasta 4oz Tomato Sauce 1 Cup Cheese 2oz Vegetable ½ C Fruit 1 Cup	25 Picnic Lunch Sun Butter & Jelly Sandwich Chips 1oz Vegetable 1 Cup Fruit 1 Cup Cookie 2oz	26 Pizza Vegetables 1 Cup Fruit 1Cup
29 CLOSED Memorial Day 	30 Baked Potato Bar Topping Options Broccoli Bacon Cheese Salsa Sour Cream Fruit 1 cup	31 Pork Burrito Pork 3oz Cheese 1oz WW Wrap 2oz Cinnamon Chipotle Dressing 2oz Fruit 1 Cup	6/1 Chicken Cacciatore Chicken 4oz Tomatoes, Peppers, Onions 1 Cup Tomato sauce ½ C Pasta 4oz Fruit 1 Cup	6/2 Pizza Vegetables 1 Cup Fruit 1Cup

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

You now have the ability to pay for school Breakfast & lunch online.

Monitor your child's account balance; go to- <http://ezschoolpay.com> for direction

Eat Green, Eat Healthy



THE

GREEN

BAR

DREAM-ORACLE

Breakfast Menu **Served Daily**

Breakfast Sandwich

2oz. Whole Wheat Croissant
1oz Turkey Sausage
1oz. American Cheese
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Breakfast Cereal, Whole Grain

Cinnamon Toast Crunch,
Honey Nut Cheerios Golden Graham 1 cup
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Whole Wheat Bagel

4oz. Bagel
2oz Butter
½ oz. Jam
1 Piece or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Parfait

Plain, Fat Free Yogurt 4oz.
Strawberries 1 cup
Granola 3oz
1% or Fat Free Flavored Milk

Served Tuesday/ Thursday

Whole Wheat Raised Donut

3oz Donut
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Muffin

Blueberry Banana Muffin, or Cinnamon Coffee Cake
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Served Wednesdays & Fridays

Strawberry, Banana Smoothie

4oz. Plain Fat Free Yogurt
4oz Strawberries
4oz Banana
Whole Grain 2oz
2oz 100% Orange Juice

Sides

Lite Cream Cheese .25, Sun Butter-2oz, Jam -1oz

Breakfast Meal , Prices Full Breakfast Meal- \$1.75 /Reduced .30 /Free

SERVED DAILY

Turkey or Ham Wrap

Served with
Wrap
Cheese
Lettuce
Mustard/Mayo
Fruit or Vegetable or Both

Fresh Fruit Salad

Cut up Fresh Fruit
String Cheese
Wheat Thins
Vegetable

Strawberry Parfait

Granola
Strawberries
Yogurt
String Cheese

Fat Free Flavored or 1% milk is offered

Additional Fruit or Vegetable is also available with these meals.

FULL SALAD BAR OPEN DAILY

All meals are served with 1% or Fat Free Flavored milk
Daily meals are subject to change due to product availability. Lunch meal \$3.05
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