




# K-8 LunchSmart Menu

## May 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrée Salad with Cheese &amp; Bread</b> <hr/> <b>Spotlight Fruit of the Week:</b> Grapes		<b>May 1</b> Popcorn Chicken Bowl with Mashed Potatoes & Corn* & Honey Wheat Dinner Roll* Mixed Fruit	<b>May 2</b> All-Beef Hot Dog on a Bun* Green Beans Pineapple	<b>May 3</b> Rotini* with Homemade Meat Sauce Broccoli Florets Applesauce	<b>May 4</b> Chicken Crispito* with Garnish Cup & Salsa Refried Beans Tropical Fruit Salad 
<b>Entrée Salad with Cheese &amp; Bread</b> <hr/> <b>Spotlight Fruit of the Week:</b> Bananas	<b>May 7</b> ALL AMERICAN CHEESEBURGER Parsley Redskin Potatoes Peaches	<b>May 8</b> Chicken & Pasta* with Homemade Alfredo Sauce & Garlic Bread* Capri Blend Veggies Mixed Fruit	<b>May 9</b> SACK LUNCH ½ DAY	<b>May 10</b> Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Baby Carrots Applesauce	<b>May 11</b> Toasted Cheese Sandwich* with Tomato Soup & Cheddar Goldfish Crackers* California Blend Veggies Pears
<b>Entrée Salad with Cheese &amp; Bread</b> <hr/> <b>Spotlight Fruit of the Week:</b> Fresh Pears	<b>May 14</b> Chicken Parmesan Sandwich on a Bun* California Blend Veggies Peaches	<b>May 15</b> Beef Sloppy Joe on a Bun* Baby Carrots Mixed Fruit	<b>May 16</b> Beef Burrito Bowl* with Black Beans, Corn, Garnish Cup & Salsa Pineapple	<b>May 17</b> Boneless Chicken Wings with BBQ Dipping Sauce Scalloped Potatoes Applesauce	<b>May 18</b> Handcrafted Mac & Cheese* & Honey Wheat Dinner Roll* Green Peas Pears
<b>Entrée Salad with Cheese &amp; Bread</b> <hr/> <b>Spotlight Fruit of the Week:</b> Grapes	<b>May 21</b> Grilled Chicken Sandwich* with Lettuce & Tomato Capri Blend Veggies Peaches	<b>May 22</b> Western Burger on a Bun* Corn Kettle-Cooked Beans Blue Raspberry Lemonade Slurpee Mixed Fruit 	<b>May 23</b> BEEF NACHOS Green Beans Pineapple	<b>May 24</b> Breaded Chicken Sandwich Broccoli Applesauce	<b>May 25</b> SACK LUNCH ½ DAY Baby Carrots Pears
<b>Entrée Salad with Cheese &amp; Bread</b> <hr/> <b>Spotlight Fruit of the Week:</b> Bananas		<b>May 29</b>	<b>May 30</b>	<b>May 31</b>	

### Staying in the Game

As the weather gets nicer in May, it's the perfect time to get outdoors to celebrate National Physical Fitness and Sports Month. Exercise doesn't have to be boring. Have you tried activities such as cycling, hiking, jogging, and team sports? By participating in activities you enjoy, you can meet the daily movement guidelines of 60 minutes for kids and teens.

**Available Each Day: Salad and Fresh Fruit / Sunbutter & Jelly Sandwich\* with a Yogurt Cup / Skim and 1% White Milk Plus Fat-Free Chocolate Milk**

### Freshly Prepared Additional Entrées

**Monday** – All-American Cheeseburger on a Bun\* / **Tuesday** – Chicken Nuggets\* with Twisted Breadstick\* & BBQ Dipping Sauce  
**Wednesday** – Super Nachos\* & Salsa / **Thursday** – Breaded Chicken Sandwich\* / **Friday** – Pizza\* ((pepperoni French bread, cheese personal pan, and Big Daddy's extra cheesy pizza rotate each week))

\*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / S=Sustainable source

Milk served with lunch contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items / This institution is an equal opportunity employer

Celebrate the USA with Ceres on May 22!