



# May 2019

## In Season Cherries

Cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with things like chives, dairy products, and meats.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Blank menu box for Monday.

Blank menu box for Tuesday.

1  
Ham Sub w/ Cheese  
Crispy Tator Tots  
Green Beans  
Tuna Sandwich

2  
Chicken Parmesan Or Chicken Patty on Bun  
Crinkly Sweet Potato Fries  
Turkey Sandwich

3  
Assorted Classic Pizza  
Romaine & Spinach Salad

6  
French Toast Sticks  
Sausage  
Orange Glazed Carrots  
Egg Salad Sandwich

7  
Nachos w/ Meat & Cheese  
Refried Beans  
Golden Corn  
Ham Sandwich

8  
Crunchy Chicken Tenders  
Seasoned Rice  
Broccoli  
Tuna Sandwich

9  
Hamburger or Cheeseburger On WG Roll, Green Beans  
Seasoned Potato Wedges  
Turkey Sandwich

10  
Primary : Assorted Pizza  
Pepperoni Roll w/marinara Sauce  
Romaine & Spinach Salad

13  
Hot Dog or Cheese Dog on Bun  
Home-style Baked Beans  
Crispy Tator Tots  
Ham Sandwich

14  
Toasty Grilled Cheese Sandwich  
Campbell's Tomato Soup, Glazed Carrots  
Egg Salad Sandwich

15  
Ultimate Chicken Bowl  
Whole Grain Roll  
Chick Pea Salad  
Tuna Sandwich

16  
Breaded Chicken  
Potato Salad  
Green Beans  
Turkey Sandwich

17  
Assorted Classic Pizza  
Romaine & Spinach Salad  
Assorted Sandwiches

20  
Chicken Fajita  
Rice  
Broccoli  
Egg Salad Sandwich

21  
Chicken & Biscuits  
Peas & Carrots  
Tuna Sandwich

22  
Sub Day !!!  
Turkey or Ham Sub  
Cheese  
Lettuce, tomato  
Tator Tots

23  
French Bread Pizza  
Romaine & Spinach Salad  
Assorted Sandwiches

24  
No School



28  
Pulled BBQ Pork On Roll  
Coleslaw  
Sweet Potato Wedges  
Turkey Sandwich

29  
Tacos on Hard or Soft Shell  
Refried Beans  
Golden Corn  
Ham Sandwich

30  
Spaghetti w/Meat Sauce  
WG Roll  
Cut Green Beans  
Turkey Sandwich

31  
Primary : Assorted Pizza  
Pepperoni Roll w/marinara Sauce  
Romaine & Spinach Salad

## Announcements

### Available Daily:

Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day  
May Choose up to two (2)

### NY Milk Choices:

1% White, Skim White  
Skim Chocolate, Skim Strawberry (when available)

### Daily Choices:

PB&J  
NY Yogurt Parfait  
NY Yogurt Plate

## Meal Prices

Breakfast K-5 \$1.10  
Breakfast 6-12 \$1.25  
Reduced .25  
Lunch K-5 \$2.25  
Lunch 6-12 \$2.35

Menu subject to change without notice.

This institution is an equal opportunity provider.