

# May 2019

Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday		
		1	2	3	<b>Average Weekly Nutrients</b>	<b>Daily Sandwich Choices In All Schools</b>
		Homemade Baked Ziti (Meatless ) Italian Bread Broccoli Fruit	Taco Soft or Hard Shell Salsa, Lettuce Brown Rice, Red Beans Fruit	Pizzeria Style Pizza Cucumber Cup Ranch Dipping Sauce Fruit MS/HS Pizza Bagels	Calories 704 Cholesterol 36.3g Total Fat 21.0g/27.0g Protein 35.0g/19.9g Carbohydrates 95.6g/54.1g Sat. Fat 6.8g/8.8g	Choice of bread: Whole Grain, Kaiser Roll, Whole Grain Bread, Sliced Turkey, Tuna Salad, American Cheese, Peanut Butter & Jelly. Tortilla Vegetable Wrap offered daily. Two 4.0 oz. Yogurt may be selected as a lunch alternate. Second entrée available for \$2.35. MS/HS may purchase bagel w/cream cheese/butter w/protein, milk, vegetable and fruit for \$3.00 Now available <b>WOWBUTTER &amp; JELLY.</b> Fresh made Chef Salad available daily upon request at Jackson, Cantigue, and Seaman. With Lunch a student may select Fat-Free Chocolate, 1% White, Skim Milk. Poland Spring Water available Ala Carte for \$1.25 <b>***NOW AVAILABLE ***</b>
6	7	8	9	10	<b>Average Weekly Nutrients</b>	
Teriyaki Chicken Wonder Bite Dippers Brown Rice Sweet Peas Fruit	<b>Brunch For Lunch</b> French Toast Sticks W/Syrup Egg Patty Hash Brown Potatoes Applesauce Cup	Pasta Ala Rosa Homemade Marinara Sauce Shredded Cheese Cup Whole Grain Italian Bread Sautéed Spinach Fresh Fruit	Hamburger Sliders or Veggie Burger Whole Grain Bun Macaroni & Cheese Salad Cup Fruit	Pizza Bagel Three Bean Salad Fruit	Calories 650 Cholesterol 77.2g Total Fat 16.2g/22.3g Protein 34.5g/21.1g Carbohydrates 93.8g/57.9g Sat. Fat 5.6g/7.7g	
13	14	15	16	17	<b>Average Weekly Nutrients</b>	
Grilled Cheese Whole Grain Bread Oven Baked Tater Tots Fruit	Turkey Breast Brown Gravy Mashed Potato Stuffing Fruit	Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Bean Salad Fresh Fruit	Whole Grain Chicken Nuggets Dipping Sauce Golden Corn Fruit	Turkey Hot Dogs Whole Grain Roll Homemade Macaroni & Cheese Fruit Cup	Calories 641 Cholesterol 67.2g Total Fat 17.1g/23.8 Protein 32.1g/56.4g Carbohydrates 89.8g/56.4g Sat. Fat 6.3g/8.7g	
20	21	22	23	24	<b>Average Weekly Nutrients</b>	
Teriyaki Chicken Wonder Bite Dippers Brown Rice Fresh Broccoli Florets Ranch Dressing Applesauce	Chicken Fingers Dipping Sauce Whole Gain Bun Corn Fruit	Whole Grain Spaghetti W/Meatballs With Homemade Marinara Sauce Whole Grain Italian Bread Carrots Fruit	Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Fruit	Pizzeria Style Pizza Chick Pea Salad Fruit MS/HS Pizza Bagels	Calories 606 Cholesterol 48.4g Total Fat 15.3g/21.9g Protein 33.6g/21.6g Carbohydrates 89.8g/57.7g Sat. Fat 5.0g/7.0g	
27	28	29	30	31	<b>Average Weekly Nutrients</b>	
<b>SCHOOL CLOSED</b>	Turkey Hot Dogs Whole Grain Roll Tater Tots Fruit Cup	Homemade Baked Ziti (Meatless ) Whole Grain Italian Bread Sautéed Spinach Fruit	<b>Brunch For Lunch</b> Egg Patty Pancakes W/Syrup Veggie Cup Fruit	Teriyaki Chicken Wonder Bite Dippers Brown Rice Corn Fruit Cup	Calories 616 Cholesterol 82.3g Total Fat 16.7 g/24.0g Protein 25.7g/59.6g Carbohydrates 91.3g/59/6g Sat. Fat 4.6g/6.5g	

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