

St. Bernadette School Lunch Menu May/June 2017



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free White, Fat Free Strawberry and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
5/1 Beef Nachos w/ Toppings Steamed Corn Mixed Fruit Low Fat/Fat Free Milk	5/2 Chicken Fajita Steamed Oriental Vegetables Mixed Fruit Low Fat/Fat Free Milk	5/3 Pasta w/ Meat Sauce Steamed Carrots Applesauce Low Fat/Fat Free Milk	5/4 Pancake Wrap Baked Tater Tots Mandarin Oranges Low Fat/Fat Free Milk	5/5 Grilled Cheese Sandwich Steamed Green Beans Mixed Fruit Low Fat/Fat Free Milk	Cheese Sandwich Peanut Butter and Jelly Sandwich Pizza
5/8 Meatball Hoagie Baked Tater Tots Sliced Peaches Low Fat/Fat Free Milk	5/9 Corn Dog Nuggets Steamed Peas Pineapple Tidbits Low Fat/Fat Free Milk	5/10 Breaded Chicken Patty on a WG Bun Steamed Cauliflower Tropical Fruit Salad Low Fat/Fat Free Milk	5/11 General Tso Popcorn Chicken w/ Rice Steamed Broccoli Diced Pears Low Fat/Fat Free Milk	5/12 Pizza Dunkers w/ Marinara Sauce Steamed Carrots Apple sauce Low Fat/Fat Free Milk	Cheese Sandwich Peanut Butter and Jelly Sandwich Hamburger on a WG Bun
5/15 Beef Nachos w/ Toppings Steamed Corn Mandarin Oranges Low Fat/Fat Free Milk	5/16 Cheeseburger Wrap Attack Baked Tater Tots Tropical Fruit Salad Low Fat/Fat Free Milk	5/17 BBQ Rib Sandwich Steamed Carrots Sliced Peaches Low Fat/Fat Free Milk	5/18 French Toast Sticks w/ Syrup Sausage Patty Baked Tater Tots Pineapple Tidbits Low Fat/Fat Free Milk	5/19 "Open Face" Turkey w/ Gravy Mashed Potatoes Tropical Fruit Salad Low Fat/Fat Free Milk	Cheese Sandwich Peanut Butter and Jelly Sandwich Gold Kist Chicken Product
5/22 Soft Taco Steamed Mixed Vegetables Diced Pears Low Fat/Fat Free Milk	5/23 General Tso Popcorn Chicken w/ Rice Steamed Broccoli Applesauce Low Fat/Fat Free Milk	5/24 Chicken Strip Wrap with Cheddar Cheese Steamed Corn Mandarin Oranges Low Fat/Fat Free Milk	5/25 Pizza Dunkers w/ Marinara Sauce Steamed Peas Sliced Peaches Low Fat/Fat Free Milk	5/26 Breaded Chicken Patty on a WG Bun Steamed Cauliflower Tropical Fruit Salad Low Fat/Fat Free Milk	Cheese Sandwich Peanut Butter and Jelly Sandwich Pizza
5/29 NO SCHOOL	5/30 NO SCHOOL	5/31 Manager's Special Steamed Carrots Diced Pears Low Fat/Fat Free Milk	6/1 Manager's Special Steamed Green Beans Applesauce Low Fat/Fat Free Milk	6/2 Manager's Special Steamed Corn Pineapple Tidbits Low Fat/Fat Free Milk	Cheese Sandwich Peanut Butter and Jelly Sandwich Hamburger on a WG Bun