

MAY ~ JUNE 2018 LUNCH MENU

*** School Districts have various end of school year schedules. Check with your Student's school for details.***



MAY - JUNE PEPPERS
 Botanical name: *Capsicum annuum*

What's in Season? California grown peppers are in peak season in summer. They are usually available from May through November.

California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other good sources of vitamin B6: Avocados, Bananas and Potatoes.

Healthy Serving Ideas

* Slice raw sweet peppers and serve with lowfat dip for a snack.

* Top homemade pizza with sliced bell peppers-red, green and yellow.

* Use chili peppers for a spicy kick!
 * Use chopped hot peppers to make spicy salsa.

(Hint: For less spice, remove seeds and inner membranes.)

* Add chopped sweet peppers to salads or stir into soups and pasta sauces.

Try a new pepper variety each week!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MAY 1 CHICKEN TENDERS SEASONED POTATO WEDGES BABY CARROTS ORANGE SMILES ALOHA ROLL	2 CHICKEN SANDWICH LETTUCE & PICKLE BBQ BEANS FRUIT	3 GALAXY CHEESE PIZZA ✓ FRESH VEGGIES HOMEMADE RANCH DIP FRUIT COCKTAIL	4 3 CHEESE ENCHILADAS ✓ FESTIVE CORN JICAMA & STRAWBERRIES DULCE DE LECHE PUDDING
7 CHICKEN SANDWICH LETTUCE & PICKLE BBQ BEANS FRUIT	8 WAFFLE TUESDAY BELGIUM WAFFLES STICKS CHICKEN NUGGETS POTATOES & FRESH VEGGIE GLAZED STRAWBERRIES	9 MINI CHEESEBURGERS LETTUCE & PICKLE VEGETABLE FRUIT GOLDFISH CRACKERS	10 PEPPERONI PIZZA WEDGE* VEGGIE SALAD APPLE	11 CHICKEN FAJITA BOWL SALSA TORTILLA CHIPS FRUIT
14 GRILLED CHEESE ✓ FRESH VEGETABLES HOMEMADE RANCH DIP APPLE	15 CHICKEN TENDERS CHEESY MASHED POTATOES BABY CARROTS ARTISAN DINNER ROLL BLUEBERRIES	16 HOT DOG (Miller's natural all beef) BBQ BEANS FRESH VEGGIE STRAWBERRIES	17 CHEESE PIZZA WEDGE ✓ FRESH VEGETABLES HOMEMADE RANCH DIP FRUIT	18 CHICKEN ALFREDO GREEN SALAD BABY PEPPERS ROSY PEARS
21 CHICKEN SANDWICH LETTUCE & PICKLE FESTIVE CORN FRUIT	22 BREAKFAST for LUNCH EGGS w/CHEESE & BACON POTATOES ORANGE SLICES FRENCH TOAST & CHERRY TOPPING	23 FLAME BROILED HAMBURGER LETTUCE & PICKLE BBQ BEANS FRUIT	24 PEPPERONI PIZZA WEDGE* VEGGIE SALAD GRAPES	25 BEAN & CHEESE BURRITO ✓ TACO SAUCE CARROTS & CELERY STICKS APPLE
28 MEMORIAL DAY 	29 CHICKEN TENDERS SEASONED POTATO WEDGES FRESH VEGETABLE ARTISAN DINNER ROLL MIXED BERRIES	30 CORN DOG TWO BEAN SALAD BABY CARROTS KIWI FRUIT RASPBERRY JELL-O	31 CHEESE PIZZA WEDGE ✓ BABY PEPPERS CARROTS & RANCH DIP FRUIT	JUNE 1 SUPREME BEAN DIP ✓ (layered bean dip) TORTILLA CHIPS STRAWBERRIES BUTTERSCOTCH BROWNIE
4 CHICKEN SANDWICH LETTUCE & PICKLE SEASONED POTATO WEDGES STRAWBERRY CRAISINS	5 Build Your Own :-) HAM & CHEDDAR SUB LETTUCE & PICKLE BABY CARROTS STRAWBERRY CUP FRITOS	6 CHEESEBURGER LETTUCE & PICKLE TWO BEAN SALAD APPLE SLICES	7 PEPPERONI PIZZA WEDGE* GREEN SALAD BABY PEPPERS FRUIT	8 BBQ PORK SANDWICH* APPLE COBBLER FRESH VEGETABLES HOMEMADE RANCH DIP ALOHA ROLL
11 GRILLED CHEESE ✓ FRESH VEGETABLES HOMEMADE RANCH DIP FRUIT	12 CHICKEN TENDERS SEASONED POTATO WEDGES BABY CARROTS ALOHA ROLL COOKIES & CREAM PUDDING	 HAVE A GREAT SUMMER!		

Choice of 1% unflavored milk or non-fat chocolate milk *May contain pork ✓vegetarian Menu Subject to Change without notice

For more information on Harvest Of The Month and other interesting School & Nutrition Information visit our website at: WWW.NEVADACOUNTYCNS.COM

