
















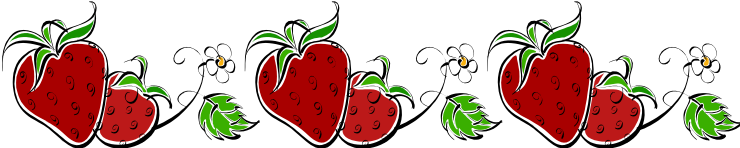


MAY ~ JUNE 2017 LUNCH MENU

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

|  STRAWBERRIES Botanical name: <i>Fragaria virginiana</i>  Produce Tips • Strawberries are picked at their peak of freshness. They do not ripen after harvesting. So make sure to pick ones that are bright red, have a natural shine and green caps that look fresh. • Store unwashed strawberries in the refrigerator to keep them fresh. • Before serving, use cool water to gently wash strawberries with the green caps still attached. • For best flavor, allow strawberries to reach room temperature before serving. | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| |  MAY 1 CHEESE PIZZA FRESH VEGETABLES HOMEMADE RANCH DIP FRESH FRUIT | 2 CHICKEN TENDERS BAKED FRIES FRESH VEGETABLE ALOHA ROLL PEACHES | 3 MINI CHEESEBURGERS LETTUCE & PICKLE CARROT COINS KIWI FRUIT |  4 SPAGHETTI with MEATSAUCE GREEN SALAD ARTISAN WHEAT ROLL TANGELO ORANGE |  5 CINCO DE MAYO CHEESE ENCHILADAS ✓ REFRIED BEANS JICAMA STICKS STRAWBERRIES  DULCE DE LECHE PUDDING |
| | 8 CHEESE RAVIOLI GREEN SALAD ARTISAN WHEAT ROLL FRESH FRUIT | 9 WAFFLE TUESDAY BELGIUM WAFFLES STICKS CHICKEN NUGGETS POTATOES & FRESH VEGGIE CINNAMON APPLESAUCE | 10 PEPPERONI PIZZA WEDGE* BEAN SALAD CARROTS STRAWBERRIES  | 11 TERIYAKI CHICKEN VEGETABLE & RICE BOWL PINEAPPLE CORNMEAL SUPERSTAR | 12 MACARONI & CHEESE ✓ BROCCOLI CARROTS FRESH FRUIT MINI CHOC CHIP COOKIES |
| | 15 CHEESE PIZZA FRESH VEGETABLES HOMEMADE RANCH DIP FRESH FRUIT | 16 CHICKEN TENDERS POTATO WEDGES FRESH VEGETABLE FRUIT CHERRY FRUIT POCKET | 17 FLAME BROILED HAMBURGER LETTUCE & PICKLE BBQ BEANS GRAPES | 18 BBQ PORK DIPPERS*  SWEET POTATOES CALIFORNIA MIXED FRUIT ALOHA ROLL  | 19 CHEESE QUESADILLA ✓ REFRIED BEANS JICAMA STICKS BANANA |
| | 22 CHEESY CHILI FRITO CORN CHIPS CORN COB CARROTS FRESH FRUIT | 23 BREAKFAST for LUNCH EGGS w/CHEESE & BACON POTATOES & ORANGE SLICES FRENCH TOAST &  4 BERRY MIX FRUIT | 24 PEPPERONI PIZZA WEDGE* VEGGIE SALAD CARROTS FRUIT | 25 HOT DOG (Miller's natural all beef) BBQ BEANS FRESH VEGGIE & FRUIT | 26 CHICKEN DRUMSTICK CHEESY MASHED POTATOES GREEN SALAD ALOHA ROLL STRAWBERRIES  |
| | 29 MEMORIAL DAY  | 30 CHICKEN TENDERS BAKED FRIES FRESH VEGETABLE ALOHA ROLL FRUIT | 31 MINI CHEESEBURGERS LETTUCE & PICKLE CARROT COINS WATERMELON RAISELS | JUNE 1 MEATBALL SUB SANDWICH FESTIVE CORN ORANGE SMILES CHEEZ-IT CRACKERS | 2 TACO BEAN DIP ✓ (layered bean dip) TORTILLA CHIPS VEGETABLE STRAWBERRIES  |
| | 5 SUPER BEAN & CHEESE BURRITO VEGGIE SALAD STRAWBERRY CUP  | 6 CHICKEN SANDWICH LETTUCE & PICKLE BBQ BEANS FRESH FRUIT | 7 PEPPERONI PIZZA WEDGE* VEGGIE SALAD PEACHES | 8 MINI CORN DOGS TASTY TATER TOTS SNAP PEAS FRESH FRUIT | 9 PIZZA PACK ✓ (mini crusts, cheese & sauce) BABY CARROTS APPLE SLICES BEAR GRAHAMS |
| | Choice of 1% unflavored milk or non-fat chocolate milk *May contain pork  vegetarian Menu Subject to Change without notice | | | | |
|  | Reasons to Eat Strawberries One cup (about eight large berries) provides: • More than 140 percent of the recommended Daily Value for Vitamin C. • Antioxidants and many essential minerals including calcium and iron. • Three grams of fiber, making it a good source of carbohydrates. • As much potassium as half of a large banana. | | | | |
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