

# MAY ~ JUNE 2017 CHOICE LUNCH MENU

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



** SECOND DAILY CHOICE OPTIONS **					
CHICKEN FAJITA VEGGIE SALAD	SPICY CHICKEN WRAP	YOGURT LUNCHABLE	HAM & CHEESE SUB SANDWICH*	BUILD YOUR OWN SUNBUTTER JELLY SANDWICH LUNCHABLE	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>MAY 1</b> <b>STRAWBERRIES</b> Botanical name: <i>Fragaria virginiana</i>  <b>Produce Tips</b> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Store unwashed strawberries in the refrigerator to keep them fresh.</li> <li>• Before serving, use cool water to gently wash strawberries with the green caps still attached.</li> <li>• For best flavor, allow strawberries to reach room temperature before serving.</li> </ul>	<b>1</b> <b>CHEESE PIZZA</b> FRESH VEGETABLES HOMEMADE RANCH DIP FRESH FRUIT	<b>2</b> <b>CHICKEN TENDERS</b> BAKED FRIES FRESH VEGETABLE ALOHA ROLL PEACHES	<b>3</b> <b>MINI CHEESEBURGERS</b> LETTUCE & PICKLE CARROT COINS KIWI FRUIT	<b>4</b> <b>SPAGHETTI</b> with MEATSAUCE GREEN SALAD ARTISAN WHEAT ROLL TANGELO ORANGE	<b>5</b> <b>CINCO DE MAYO</b> <b>CHEESE ENCHILADAS</b> REFRIED BEANS JICAMA STICKS STRAWBERRIES DULCE DE LECHE PUDDING
	<b>8</b> <b>CHEESE RAVIOLI</b> GREEN SALAD ARTISAN WHEAT ROLL FRESH FRUIT	<b>9</b> <b>WAFFLE TUESDAY</b> BELGIUM WAFFLES STICKS CHICKEN NUGGETS POTATOES & FRESH VEGGIE CINNAMON APPLESAUCE	<b>10</b> <b>PEPPERONI PIZZA WEDGE*</b> BEAN SALAD CARROTS STRAWBERRIES	<b>11</b> <b>TERIYAKI CHICKEN</b> <b>VEGETABLE &amp; RICE BOWL</b> PINEAPPLE CORNMEAL SUPERSTAR	<b>12</b> <b>MACARONI &amp; CHEESE</b> BROCCOLI CARROTS FRESH FRUIT MINI CHOC CHIP COOKIES
	<b>15</b> <b>CHEESE PIZZA</b> FRESH VEGETABLES HOMEMADE RANCH DIP FRESH FRUIT	<b>16</b> <b>CHICKEN TENDERS</b> POTATO WEDGES FRESH VEGETABLE FRUIT CHERRY FRUIT POCKET	<b>17</b> <b>FLAME BROILED HAMBURGER</b> LETTUCE & PICKLE BBQ BEANS GRAPES	<b>18</b> <b>BBQ PORK DIPPERS*</b> SWEET POTATOES CALIFORNIA MIXED FRUIT ALOHA ROLL	<b>19</b> <b>CHEESE QUESADILLA</b> REFRIED BEANS JICAMA STICKS BANANA
	<b>22</b> <b>CHEESY CHILI</b> <b>FRITO CORN CHIPS</b> CORN COB CARROTS FRESH FRUIT	<b>23</b> <b>BREAKFAST for LUNCH</b> EGGS w/CHEESE & BACON POTATOES & ORANGE SLICES FRENCH TOAST & 4 BERRY MIX FRUIT	<b>24</b> <b>PEPPERONI PIZZA WEDGE*</b> VEGGIE SALAD CARROTS FRUIT	<b>25</b> <b>HOT DOG</b> (Miller's natural all beef) BBQ BEANS FRESH VEGGIE & FRUIT	<b>26</b> <b>CHICKEN DRUMSTICK</b> CHEESY MASHED POTATOES GREEN SALAD ALOHA ROLL STRAWBERRIES
	<b>29</b> <b>MEMORIAL DAY</b> 	<b>30</b> <b>CHICKEN TENDERS</b> BAKED FRIES FRESH VEGETABLE ALOHA ROLL FRUIT	<b>31</b> <b>MINI CHEESEBURGERS</b> LETTUCE & PICKLE CARROT COINS WATERMELON RAISELS	<b>JUNE 1</b> <b>MEATBALL SUB SANDWICH</b> FESTIVE CORN ORANGE SMILES CHEEZ-IT CRACKERS	<b>2</b> <b>TACO BEAN DIP</b> (layered bean dip) TORTILLA CHIPS VEGETABLE STRAWBERRIES
	<b>5</b> <b>SUPER BEAN &amp; CHEESE BURRITO</b> VEGGIE SALAD STRAWBERRY CUP	<b>6</b> <b>CHICKEN SANDWICH</b> LETTUCE & PICKLE BBQ BEANS FRESH FRUIT	<b>7</b> <b>PEPPERONI PIZZA WEDGE*</b> VEGGIE SALAD PEACHES	<b>8</b> <b>MINI CORN DOGS</b> TASTY TATER TOTS SNAP PEAS FRESH FRUIT	<b>9</b> <b>PIZZA PACK</b> (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.