



# MAY ~ JUNE 2018 LUNCH MENU

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

## \*\* SECOND CHOICE FRESH OPTIONS \*\*




**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
<b>YOGURT LUNCHABLE</b> (sunflower seeds, fresh veggie, fruit and graham crackers)	<b>TURKEY BACON CLUB</b> (fresh veggies, fruit & goldfish crackers)	<b>CHICKEN CEASAR SALAD</b> (chicken, veggies on a bed of lettuce, croutons, roll & fruit)	<b>TUNA SALAD CROISSANT SANDWICH</b> (fresh veggies, fruit and cookie)	<b>PROTEIN LUNCH</b> SUN BUTTER JELLY SANDWICH (on Alvarado St. bread, hard boiled egg, fresh veggie and fruit)
	<b>MAY 1</b> <b>CHICKEN TENDERS</b> SEASONED POTATO WEDGES BABY CARROTS ORANGE SMILES ALOHA ROLL	<b>2</b> <b>CHICKEN SANDWICH</b> LETTUCE & PICKLE BBQ BEANS FRUIT	<b>3</b> <b>GALAXY CHEESE PIZZA</b> ✓ FRESH VEGGIES HOMEMADE RANCH DIP FRUIT COCKTAIL	<b>4</b> <b>3 CHEESE ENCHILADAS</b> ✓ FESTIVE CORN  JICAMA & STRAWBERRIES DULCE DE LECHE PUDDING 
<b>7</b> <b>CHICKEN SANDWICH</b> LETTUCE & PICKLE BBQ BEANS FRUIT	<b>8</b> <b>WAFFLE TUESDAY</b> BELGIUM WAFFLES STICKS CHICKEN NUGGETS POTATOES & FRESH VEGGIE GLAZED STRAWBERRIES	<b>9</b> <b>MINI CHEESEBURGERS</b> LETTUCE & PICKLE VEGETABLE FRUIT GOLDFISH CRACKERS	<b>10</b> <b>PEPPERONI PIZZA WEDGE*</b> VEGGIE SALAD APPLE	<b>11</b> <b>CHICKEN FAJITA BOWL</b>  SALSA TORTILLA CHIPS FRUIT
<b>14</b> <b>GRILLED CHEESE</b> ✓ FRESH VEGETABLES HOMEMADE RANCH DIP APPLE	<b>15</b> <b>CHICKEN TENDERS</b> CHEESY MASHED POTATOES BABY CARROTS ARTISAN DINNER ROLL BLUEBERRIES	<b>16</b> <b>HOT DOG</b> (Miller's natural all beef) BBQ BEANS FRESH VEGGIE STRAWBERRIES	<b>17</b> <b>CHEESE PIZZA WEDGE</b> ✓ FRESH VEGETABLES HOMEMADE RANCH DIP FRUIT	<b>18</b> <b>CHICKEN ALFREDO</b> GREEN SALAD  BABY PEPPERS  ROSY PEARS
<b>21</b> <b>CHICKEN SANDWICH</b> LETTUCE & PICKLE  FESTIVE CORN FRUIT	<b>22</b> <b>BREAKFAST for LUNCH</b> EGGS w/CHEESE & BACON POTATOES ORANGE SLICES FRENCH TOAST & CHERRY TOPPING	<b>23</b> <b>FLAME BROILED HAMBURGER</b> LETTUCE & PICKLE BBQ BEANS FRUIT	<b>24</b> <b>PEPPERONI PIZZA WEDGE*</b> VEGGIE SALAD GRAPES	<b>25</b>  <b>BEAN &amp; CHEESE BURRITO</b> TACO SAUCE CARROTS & CELERY STICKS APPLE
<b>28</b> <b>MEMORIAL DAY</b> 	<b>29</b> <b>CHICKEN TENDERS</b> SEASONED POTATO WEDGES FRESH VEGETABLE ARTISAN DINNER ROLL MIXED BERRIES	<b>30</b> <b>CORN DOG</b> TWO BEAN SALAD BABY CARROTS KIWI FRUIT RASPBERRY JELL-O	<b>31</b> <b>CHEESE PIZZA WEDGE</b> ✓ BABY PEPPERS  CARROTS & RANCH DIP FRUIT	<b>JUNE 1</b>  <b>SUPREME BEAN DIP</b> ✓ (layered bean dip) TORTILLA CHIPS STRAWBERRIES BUTTERSCOTCH BROWNIE
<b>4</b> <b>CHICKEN SANDWICH</b> LETTUCE & PICKLE SEASONED POTATO WEDGES STRAWBERRY CRAISINS	<b>5</b> <b>Build Your Own :-)</b> <b>HAM &amp; CHEDDAR SUB</b> LETTUCE & PICKLE BABY CARROTS STRAWBERRY CUP FRITOS	<b>6</b> <b>CHEESEBURGER</b> LETTUCE & PICKLE TWO BEAN SALAD APPLE SLICES	<b>7</b> <b>PEPPERONI PIZZA WEDGE*</b> GREEN SALAD BABY PEPPERS  FRUIT	<b>8</b> <b>BBQ PORK SANDWICH*</b> APPLE COBBLER FRESH VEGETABLES HOMEMADE RANCH DIP ALOHA ROLL
<b>11</b> <b>GRILLED CHEESE</b> ✓ FRESH VEGETABLES HOMEMADE RANCH DIP FRUIT	<b>12</b> <b>CHICKEN TENDERS</b> SEASONED POTATO WEDGES BABY CARROTS ALOHA ROLL COOKIES & CREAM PUDDING	<b>13</b> <b>PIZZA PACK</b> ✓ (mini crusts, cheese & sauce) BABY CARROTS APPLE SLICES BEAR GRAHAMS	 <b>HAVE A GREAT SUMMER!</b>	

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](http://WWW.NEVADACOUNTYCNS.COM)

