# MAY ~ JUNE 2019 LUNCH MENU

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>MAY</strong></td>
<td><strong>JUNE</strong></td>
<td><strong>PEPPERS</strong></td>
<td><strong>Botanical name:</strong> Capsicum annuum</td>
<td><strong>Network for a Healthy California</strong></td>
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<td>What's in Season? <em>California grown peppers are in peak season in summer. They are usually available from May through November.</em> 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.</td>
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| **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!** |
| 6 | 7 | 8 | 9 | 10 |
| **MINI CHEESEBURGERS**  
LETTUCE & PICKLE  
FRESH VEGGIE STICKS  
FRESH PEAR | **DEEP DISH CHEESE PIZZA**  
VEGGIE SALAD & FRUIT | **CHICKEN TENDERS**  
SEASONED POTATOES  
CARROTS & ORANGE  
WHOLE WHEAT ROLL  
HOMEMADE COOKIE | **LOADED TOTS**  
MAC - N - CHEESE  
BACON BITS  
BABY CARROTS  
BANANA | **BUILD YOUR OWN SUB**  
TURKEY - HAM* - CHEESE  
LETTUCE & PICKLE  
DRIED FRUIT MIX  
FRITOS |
| **CHICKEN FAJITA PITA**  
FRESH VEGETABLES  
HOMEMADE RANCH DIP  
APPLE | **NEW!**  
**LONGBOARD PEPPERONI PIZZA**  
VEGGIE SALAD & FRUIT | **CORNDOG**  
TWO BEAN SALAD  
BABY CARROTS  
FRUIT  
RASPBERRY JELL-O | **PANCAKE BRUNCH**  
BERRY TOPPING  
SAUSAGE & TATER TOTS  
ORANGE SMILES | **BBQ HONEY RIB DIPPERS**  
HOT APPLE COBBLER  
VEGETABLE  
ALOHA ROLL |
| **BUILD YOUR OWN BURGER**  
100% GRILLED BEEF PATTY  
BUN - LETTUCE - PICKLE  
BBQ BEANS  
FRUIT | **CHEESE PIZZA**  
FRESH VEGETABLE  
FRUIT | **CHICKEN TENDERS**  
SEASONED POTATOES  
VEGGIES & ROLL  
FRESH FRUIT | **LOADED TOTS**  
MAC - N - CHEESE  
BACON BITS  
BABY CARROTS  
BANANA | **BUILD YOUR OWN SUB**  
TURKEY - HAM* - CHEESE  
LETTUCE & PICKLE  
CRAISINS  
CHIPS |
| **PEPPERONI PIZZA**  
VEGGIE SALAD & APPLE | **BUILD YOUR OWN BURGER**  
100% GRILLED BEEF PATTY  
BUN - LETTUCE - PICKLE  
BBQ BEANS  
FRUIT | **TERIYAKI CHICKEN**  
VEGETABLE & RICE BOWL  
BANANA  
FORTUNE COOKIE | **PULLED BBQ PORK**  
SANDWICH  
SALAD  
FRUIT | **HOMEMADE PIZZA**  
LUNCHABLE  
FRESH VEGETABLES  
FRUIT |

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)