**MAY ~ JUNE 2019  CHOICE LUNCH MENU**

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

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| **Harvest of the Month**
  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 chill 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! | **SECOND CHOICE FRESH OPTIONS**
  **YOGURT LUNCHABLE**
  (sunflower seeds or cheese stick, fresh veggie, fruit and graham crackers)
  **ITALIAN SUB SANDWICH**
  (fresh veggies, fruit and goldfish crackers)
  **TUNA SALAD**
  (tuna, veggies on a bed of lettuce, roll & fruit)
  **HOMEMADE PIZZA LUNCHABLES**
  (fresh veggies and fruit)
  **New! PROTEIN LUNCH**
  (sun-butter, cheese stick, whole grain crackers, fresh veggie, fruit and chocolate no-butter) | **MAY 1**
  CHICKEN TENDERS
  SEASONED POTATOES
  CARROTS & ORANGE
  WHOLE WHEAT ROLL
  HOMEMADE COOKIE | **2**
  LOADED TOTS
  MAC - N - CHEESE
  BACON BITS
  BABY CARROTS
  BANANA | **3**
  BUILD YOUR OWN SUB
  TURKEY - HAM - CHEESE
  LETTUCE & PICKLE
  DRIED FRUIT MIX
  FRITOS |
| **6**
  MINI CHEESEBURGERS
  LETTUCE & PICKLE
  FRESH VEGGIE STICKS
  FRESH PEAR | **7**
  DEEP DISH CHEESE PIZZA
  VEGGIE SALAD & FRUIT | **8**
  CHICKEN TENDERS
  SEASONED POTATOES
  VEGGIES & ROLL
  FRESH FRUIT | **9**
  WILD MIKE’S
  CHEESEY BREAD BITES
  MARINARA SAUCE
  VEGGIES & RANCH DIP
  BLUEBERRIES | **10**
  RIB B QUE SANDWICH*
  BBQ BEANS
  FRUIT |
| **13**
  CHICKEN FAJITA PITA
  FRESH VEGETABLES
  HOMEMADE RANCH DIP
  APPLE | **14**
  New!
  LONGBOARD PEPPERONI PIZZA*
  VEGGIE SALAD & FRUIT | **15**
  CORN DOG
  TWO BEAN SALAD
  BABY CARROTS
  FRUIT
  RASPBERRY JELL-O | **16**
  PANCAKE BRUNCH
  BERRY TOPPING
  SAUSAGE & TATER TOTS
  ORANGE SMILES | **17**
  BBQ HONEY RIB DIPPERS*
  HOT APPLE COBBLER
  VEGETABLE & RICE BOWL
  ALOHA ROLL |
| **20**
  BUILD YOUR OWN BURGER
  100% GRILLED BEEF PATTY
  BUN - LETTUCE - PICKLE
  BBQ BEANS
  FRUIT | **21**
  CHEESE PIZZA
  FRESH VEGETABLE FRUIT | **22**
  CHICKEN TENDERS
  SEASONED POTATOES
  VEGGIES & ROLL
  FRESH FRUIT | **23**
  LOADED TOTS
  MAC - N - CHEESE
  BACON BITS
  BABY CARROTS
  BANANA | **24**
  BUILD YOUR OWN SUB
  TURKEY - HAM - CHEESE
  LETTUCE & PICKLE
  CRAISINS
  CHIPS |
| **27**
  MEMORIAL DAY | **28**
  PEPPERONI PIZZA*
  VEGGIE SALAD & APPLE | **29**
  BUILD YOUR OWN BURGER
  100% GRILLED BEEF PATTY
  BUN - LETTUCE - PICKLE
  BBQ BEANS
  FRUIT | **30**
  TERIYAKI CHICKEN
  VEGETABLE & RICE BOWL
  BANANA
  FORTUNE COOKIE | **31**
  PULLED BBQ PORK*
  SANDWICH
  SALAD
  FRUIT |
| **JUNE 3**
  CHICKEN SANDWICH
  LETTUCE & PICKLE
  SEASONED POTATO WEDGES
  FRUIT | **4**
  CHEESE PIZZA
  FRESH VEGETABLE FRUIT | **5**
  HOT DOG
  (Miller's natural all beef)
  BBQ BEANS
  FRESH VEGGIE
  FRESH FRUIT | **6**
  BUILD YOUR OWN SUB
  TURKEY - HAM - CHEESE
  LETTUCE & PICKLE
  FRUIT
  CHIPS | **7**
  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

HAVE A GREAT SUMMER!