



MAY 2019 Pre-K – 8th Child & Nutrition Program

HOT LUNCH MENU

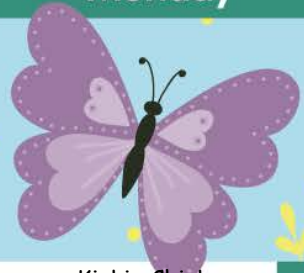
Monday

Tuesday

Wednesday

Thursday

Friday



Alternative Meal:
Hot Ham/Cheese on a Bagel
Alternative meals are served
with main meal "sides."

Breaded Chicken **1**
Pieces
Brown Rice
Steamed Broccoli, ½ cup
Assorted Fruit, ½ cup
Milk

Turkey Ham **2**
& Cheese on a Roll w/Lettuce,
Tomato & Pickle Chips
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Homemade **3**
Baked Ziti & Cheese
Steamed Green Beans, ½ cup
Fruit Cup, ½ cup
Milk

Kickin Chicken **6**
Smackers with
a Baked Bread Stick
Sweet Potato Fries, ½ cup
Assorted Fruit, ½ cup
Milk

Cowboy Beef Taco **7**
on a Soft Shell
Shredded Lettuce
Red Kidney Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Breaded Chicken **8**
Patty on Bun
Smile Fries, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

Baked Macaroni **9**
& Cheese
Carrot Coins, ½ cup
Steamed Broccoli, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

NY Sicilian Pizza **10**
Celery Sticks/Low Fat Dip, ½ cup
Fruit Cup, ½ cup
Milk

Pork Meatball* **13**
Sandwich on a Roll
Steamed Carrots, ½ cup
Assorted Fruit, ½ cup
Milk

Tasty Chicken Taco **14**
w/cheese on Soft Shell
Steamed Broccoli, ½ cup
Roasted Corn, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Charbroiled **15**
Cheese Burger on Bun
Sliced Tomato & Pickle Chips
Smile Fries, ½ cup
Assorted Fruit, ½ cup
Milk

Mozzarella Sticks **16**
Rotini Pasta
Marinara Sauce
Steamed Zucchini, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Hearty Three Bean **17**
Chili with
Brown Rice
Cookie Treat
Carrot Sticks & Dip, ½ cup
Fruit Cup, ½ cup

Pork Chop Patty* on a **20**
WG Roll,
Steamed Carrots, ½ cup
Fruit Cup, ½ cup
Goldfish - 1 grain eq.
Milk

Roasted Chicken **21**
Brown Rice ½c
Red Kidney Beans, ½c
Carrot Coins, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Beef Meatballs & Pasta **22**
Bread Stick
& Marinara Sauce
Steamed Green Beans, ½ cup
Assorted Fruit, ½ cup
Milk

Stuffed Cheese **23**
Omelet
Tortilla Shell
Potato Smiles, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

French Bread Pizza **24**
Steamed Broccoli, ½ cup
Crunchy Carrot Sticks, ½ cup
Fruit Cup, ½ cup
Milk

Grilled Cheese Sandwich **27**
Steamed Carrots, ½ cup
Seasoned French Fries, ½ cup
Assorted Fruit, ½ cup
Milk

Cowboy Beef Nachos **28**
Shredded Lettuce
Red Kidney Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Breaded Chicken Pieces **29**
Brown Rice
Steamed Broccoli, ½ cup
Assorted Fruit, ½ cup
Milk

Turkey Ham **30**
& Cheese on a Roll w/Lettuce,
Tomato & Pickle Chips
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Homemade **31**
Baked Ziti & Cheese
Steamed Green Beans, ½ cup
Fruit Cup, ½ cup
Milk



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
 - (2) fax: (202) 690-7442; or
 - (3) email: program.intake@usda.gov.
- This institution is an equal opportunity provider

Available Daily

Peanut Butter or Sun Butter & Jelly Sandwiches

American Cheese Sandwiches (Mayo/Mustard)

A side salad (1/2 cup) of leafy dark green vegetable is offered daily.

½ cup Fresh Fruit options will be offered daily

Select a fruit AND/OR vegetable with your sandwich