

YOUNG SCHOLARS MAY 2017

SCHOOL BREAKFAST MENU

Monday

Asst. WG Cereal
1 slice Wheat
Bread & Jelly
4oz Juice
1/2c Fruit

Tuesday

2 Pancakes &
Syrup
4oz Juice
1/2c Fruit

Wednesday

Asst. WG Cereal
1 slice Wheat
Bread & Jelly
4oz Juice
1/2c Fruit



Thursday

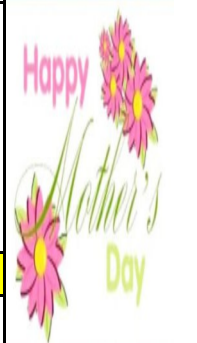
2 Waffles &
Syrup
4oz Juice
1/2c Fruit

Friday

Muffin
4oz Juice
Fresh Fruit

All breakfast served
with low fat Milk

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|---|---|---|--|---|
| 1 | 2 | 3 | 4 | 5 |
| Chicken n Gravy over Baked Biscuit w/ 1/2c Whipped Potatoes 1/2c Spinach Salad w/ FF Ranch Packet Fresh Fruit 1/2c Pineapple 1/2pt FF Milk | Mighty Meatball Hoagie (3 meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Corn 1/2c Salad Cup w/ 1 FF Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk | Hearty Beef Stew w/ 1/2c Peas & Carrots over 1/2c Whipped Potatoes 2per Whole Wheat Bread Fresh Apple 1/2c Mandarin Oranges 1/2pt FF Milk | Panini Sandwich w/ Shaved Buffalo Chicken & Provolone Cheese 1/2c Tomato & Lettuce 1/2c Baked Beans 1/2c Diced Pears Fresh Banana 1/2pt FF Milk | Marvelous Mac n Cheese 1/2c Cherry Tomatoes 1/2c Fresh Broccoli 1 FF Ranch Packet 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt FF Milk |
| 8 | 9 | 10 | 11 | 12 |
| Primanti style Steak & Cheese Hoagie 1/2c Steak Fries 1/2c Southern Style Cole Slaw Fresh Orange 1/2c Peaches 1/2pt FF Milk | Cheeseburger on Whole Wheat Bun w/ 1/2c lettuce & tomato 1 Ketchup Packet 1/2c Baked Beans 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt FF Milk | Totally Taco Wrap (Taco Meat & shred. cheese in a wheat tortilla shell w/ 1/2c lettuce & tomato) 1 taco sauce pack 1/2c Garden Green Beans 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt FF Milk | 1 Turkey Hot Dog 1/2c Whipped Potatoes 1/2c Sauerkraut 1 Ketchup & 1 Mustard pkt 1 WW Hot Dog Bun Banana 1/2c Pears 1/2pt FF Milk | 8oz Marvelous Mac n Cheese (spring pasta) 1/2c Cherry Tomatoes 1/2c Fresh Broccoli 1 FF Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk |
| 15 Half Day | 16 | 17 | 18 | 19 |
| Spicy Popcorn Chicken w/ BBQ Pkt 1/2c Carrots FF Ranch Packet Wheat Dinner Roll 1/2c Tater tots w/ketchup 1/2c Pineapple Tidbits 1 Piece Fresh Fruit 1/2pt FF Milk | ROAST BEEF Hoagie 1/2c Sautéed Peppers Tomatoes and Onions 1/2c Baked Beans 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt FF Milk | Chicken n Gravy over Baked Biscuit w/ 1/2c Whipped Potatoes 1/2c Spinach Salad w/ FF Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk | Burger on Whole Wheat Bun 1/2c lettuce & tomato 1 Ketchup Packet 1/2c Broccoli 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt FF Milk | Panini Sandwich w/ Shaved Turkey & American Cheese 1/2c Carrots & Celery 1/2c Baked Tater Tots 1 Ketchup Packet 1/2c Chilled Pears 1 Piece Fresh Fruit 1/2pt FF Milk |
| 22 | 23 | 24 | 25 | 26 |
| Totally Taco in a Bag (Taco Meat & shred. cheese) corn chips 1/2c Tomato & Lettuce 1/2c Cucumber Slices, Cauliflower, Celery Fresh Orange 1/2c Fruit Mix 1/2pt FF Milk | 2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers FF Ranch Dressing 1 Wheat Dinner Roll Fresh Banana 1/2c Peaches 1/2pt FF Milk | Cold Roast Beef n Cheese w/1/2c Tomato & Lettuce on WW Bun 1 Mayo Packet 1/2c Baked Beans 1/2c Cinnamon Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk | Spicy Popcorn Chicken Bowl 3oz Spicy Popcorn chicken 1/2c Mashed Potatoes 1/2c Corn Red Delicious Apple 1/2c Mixed Fruit 1/2pt FF Milk | Cold Pinwheel Pizza w/ 2oz Cheese 1/2c Romaine & 1/2c Tomato FF Ranch Dressing 1/2c Marinara Sauce Fresh Fruit 1/2c Pears 1/2pt FF Milk |
| 29 Closed Memorial Day | 30 | 31 | | |
|  | Mighty Meatball Hoagie (3 meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Corn 1/2c Salad Cup w/ 1 FF Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk | Hearty Beef Stew w/ 1/2c Peas & Carrots over 1/2c Whipped Potatoes 2per Whole Wheat Bread Fresh Apple 1/2c Pineapple 1/2pt FF Milk |  The Nutrition Group | All meals include 8oz milk  |



Daily
Milk Choices:
**Skim,
Flavored
Fat Free,
1% White**