

MAY 2019



SHCSD ELEMENTARY LUNCH MENU

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate
Choice of Vegetable, Choice of Fruit
Grain/Bread

Choice of Milk - 1% white, and fat-free
chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and
spring salad

Red/Orange - carrots, sweet potatoes,
tomatoes, red peppers

Beans/Peas

Starchy - white potatoes, corn,
and lima beans

Other Vegetables: celery sticks, cucumbers,
cauliflower, green peppers,
green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears,
peaches, cantaloupe, melon, strawberries,
applesauce, pineapple, 100% fruit juices
and mandarin oranges

Daily Entree Options may include:

PB&J Craveable with

String Cheese & Graham Snack

Chef Salad w/ roll



**Chef Metz checks out
Mango Tango
in May!**



Lunch Prices
\$2.10
Reduced \$4.40
Adult \$3.25

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MISHELL SCHLEGEL**
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USDA is an equal opportunity provider and employer.

Monday



Tuesday

Wednesday

Thursday

Friday

6
Chicken Nuggets
w/Roll
or
Hamburger
on a Bun
Featured Veggies:
Baked Beans
Fresh Carrots
Choice of Fruit & Milk
F

7
Flat Bread White
Pizza w/Sauce
or
Cheese Steak
Hoagie
Featured Veggies:
Broccoli w/Cheese Sauce
Garden Salad
Choice of Fruit & Milk
A

8
Chicken Mashed
Potato Bowl w/Roll
or
Corn Dog
on a Stick
Featured Veggies:
Mashed Potatoes
Corn
Choice of Fruit & Milk
B

BREAKFAST 4 LUNCH
French Toast
Sticks w/Sausage
or
Hot Dog
on a Bun
Featured Veggies:
Tri-Taters
Celery
Choice of Fruit & Milk
C

10
Cheese Stick Dippers
w/Sauce
or
Sloppy Joe
on a Bun
Featured Veggies:
Green Beans
Fresh Cucumbers D
DATA DAY
Dismiss at 11:45

13
Chicken Patty
on a Bun
or
Pulled Pork
BBQ Sandwich
Featured Veggies:
French Fries
Fresh Broccoli
Choice of Fruit & Milk
E

14
Nachoes Grande
w/Roll
or
Meatball Hoagie
on a Bun
Featured Veggies:
Golden Corn
Salsa
Choice of Fruit & Milk
F

15
Pizza
Craveable
or
All American Hoagie
on a Bun
Featured Veggies:
Green Beans
Fresh Carrots
Choice of Fruit & Milk
A

16
Popcorn Chicken
w/Noodles
or
Cheesesteak Hoagie
on a Bun
Featured Veggies:
Baked Beans
Fresh Celery
Choice of Fruit & Milk
B

17
Cheesy
Pizza
or
Fish Sandwich
or Fish Shapes w/Roll
Featured Veggies:
Steamed Broccoli
Cucumber Slices
Choice of Fruit & Milk
C

20
Chicken Nuggets
w/Roll
or
Sloppy Joe
on a Bun
Featured Veggies:
Corn
Fresh Broccoli
Choice of Fruit & Milk
D

21
Cheeseburger
on a Bun
or
Pulled Pork BBQ
Sandwich
Featured Veggies:
Baked Beans
Celery
Choice of Fruit & Milk
E

22
BBQ Chicken
w/Roll
or
Hot Dog
on a Bun
Featured Veggies:
Mashed Potatoes w/Gravy
Salad w/Tomatoes
Choice of Fruit & Milk
F

23
Soft Shelled Taco
w/Toppings
or
Cheesesteak Hoagie
on a Bun
Featured Veggies:
Golden Corn
Salsa
Choice of Fruit & Milk
A

24
Stuffed Crust
Pizza
or
Tuna Salad Sandwich
on a Bun
Featured Veggies:
Garden Salad
Fresh Carrots
Choice of Fruit & Milk
B

27
MEMORIAL DAY
NO
SCHOOL



28
Bacon Cheeseburger
on a Bun
or
Pulled Pork BBQ
Featured Veggies:
Green Beans
Fresh Carrots
Choice of Fruit & Milk
C

29
Pasta w/Meat Sauce
& Garlic Bread
or
Hot Dog
Featured Veggies:
Garden Salad
Baked Beans
Choice of Fruit & Milk
D

30
"It's in the Bag!"
PBJ or Deli Sandwich
Chips or Snack
Fresh Veggie
Fresh Fruit
Dessert
Choice of Fruit & Milk
E

31
Pepperoni
Pizza
or
Sloppy Joe on a Bun
Featured Veggies:
Fresh Cucumbers
Corn
Choice of Fruit & Milk
F

3
School Lunch Hero Day

Pepperoni Pizza
or
Tuna Salad
Sandwich
Featured Veggies:
Garden Salad
Sweet Potatoes
Choice of Fruit & Milk E
Thank your Lunch Ladies!
