



May 2019

In Season Cherries

Cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with things like chives, dairy products, and meats.

Monday

Tuesday

Wednesday

Thursday

Friday

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1
Soft Taco
Or
Lil' Nacho Bites
Corn & Bean Salsa

2
Hamburger
Or
Veggie Burger
Curly Fries

3
Pepperoni Pizza
Or
Uncrustable PB&J
Rice Krispies

6
Pizza Crunchers
Or
Uncrustable PB&J*
Steamed Broccoli

7
Chicken Potato Bowl
Or
Grilled Cheese

8
Nachos
Or
Cheese Quesadilla
Homemade Chili Beans

9
Chicken Burger
Or
2-Hot Cheese Sticks
Tator Tots

10
Cheese Pizza
Or
Turkey & Cheese Pretzel Melt
Fruit Snack

13
Cheeseburger Slider
Or
Grilled Cheese
Steamed Broccoli

14
Orange Chicken w/Rice
Or
Veggie Egg Roll, Edamame & Rice
Fortune Cookie

15
Spaghetti in meat sauce
Or
Cheese Lasagna Roll up
Whole Wheat Roll

16
Rib-E-Que
Or
2-Hot Cheese Sticks
Chips

17
Pepperoni Pizza
Or
Uncrustable PB&J*
Frozen Treat

20
Beef Dippers w/Rice
Or
Grilled Cheese
Steamed Broccoli

21
Corn Dog
Or
Uncrustable PB&J
Curly Fries

22
Nachos
Or
Cheese Quesadilla
Homemade Chili Beans

23
Chicken Nuggets
Or
2-Hot Cheese Sticks
Macaroni & Cheese

24
Cheese Pizza
Or
Cheeseburger Slider
Rice Krispie Treats

27
Blank

28
Blank

29
Blank

30
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31
Blank

Have a Terrific Summer!!

Announcements

Available Daily: Protein Box- (Hummus, Panini Bread, assorted vegetables & Cheese Stick) Salad Bar Meal- (Includes choice of fruits and vegetables, roll, and cheese stick)

Menu Subject to Change
All Meals include White 1% or Chocolate non-fat Milk

On-Line Payments can be made at www.EZSchoolPay.com

Meal Prices

Lunch: \$2.60
Reduced Price: \$0.40

Students with negative balances greater than \$5.60 will receive a protein box and milk at no charge until the balance is resolved.

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