

Whiteford Elementary

May 2017

Lunch Menu

Food Service Director: Megan Menchaca, MS, RD, CD
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What Makes a Meal?

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

- Choice of Meat or Meat Alternate
- Choice of Vegetable, Choice of Fruit*
- Choice of Grain/Bread,
- and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

- Broccoli Florets
- Carrots
- Leafy Green Salads
- Legume Salads
- Celery & Cucumber

*May choose two 1/2 cup servings cup servings

Fresh Produce from Local Farms based on crop availability

*Fruits may include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce

*May choose 1/2 cup serving

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Grilled Cheese Pocket Honey Glazed Carrots Pineapple Tidbits Choice of Milk	2 Baked Ziti w/ Breadstick Sweet Green Peas Diced Peaches Choice of Milk	3 Ham & Cheese Munchable w/ Pudding Treat Green Beans Fresh Apple Choice of Milk	4 Beef Nachos w/ Cheese Refried Beans Mandarin Oranges Choice of Milk	5 Bosco Sticks w/ Marinara Fresh Spinach Salad Colorful Mixed Fruit Choice of Milk
8 Sweet & Sour Chicken over Rice Steamed Broccoli Prickly Pears Choice of Milk	9 Chicken Nachos w/ Cheese Refried Beans w/ Cheese Fresh Orange Slices Choice of Milk	10 Ham & Cheese Munchable w/ Pudding Treat Buttery Corn Fresh Orange Choice of Milk	11 Macaroni & Cheese w/ Roll Green Beans Cinnamon Applesauce Choice of Milk	12 Homemade Cheese Pizza Fresh Carrots Mandarin Oranges Choice of Milk
15 Chicken Strips w/ Roll Homestyle Baked Beans Chilled Applesauce Choice of Milk	16 Beef & Cheese Taco Refried Beans Fresh Apple Choice of Milk	17 Wellness Wednesday Ham & Cheese Munchable w/ Pudding Treat Cooked Carrots Fresh Apple Choice of Milk	18 Hot Dog on Bun Scalloped Potatoes Pineapple Tidbits Choice of Milk	19 Bosco Sticks w/ Marinara Fresh Spinach Salad Colorful Mixed Fruit Choice of Milk
22 BBQ Chicken on Bun Baked Beans Fresh Orange Slices Choice of Milk	23 Beef Ravioli w/ Breadstick Steamed Broccoli Diced Pears Choice of Milk	24 Ham & Cheese Munchable w/ Pudding Treat Mixed Veggies Fruit Cocktail Choice of Milk	25 Walking Taco Mexican Rice Buttery Corn Applesauce Choice of Milk	26 Homemade Cheese Pizza Fresh Carrot Sticks Fresh Apple Choice of Milk

29
No School

30
Chicken Sticks w/ Roll
Green Beans
Diced Peaches
Choice of Milk

31
Ham & Cheese Munchable w/ Pudding Treat
Potato Wedges
Fresh Orange
Choice of Milk

Whole Grains Available Daily

Monday Second Entrée Option:
Mini Corn Dogs
Cocoa Cherry Bar \$1

Tuesday Second Entrée Option:
Cheeseburger
Chips \$.85

Wednesday Second Entrée Option:
Chicken Nuggets w/ Roll
Fruit Snack \$.60

Thursday Second Entrée Option:
Chicken Patty on Bun
Cupcake \$1

Friday Second Entrée Option:
Turkey & Cheese Wrap
Brownie \$1

Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free White and Low Fat White

Lunch Prices:
Paid \$2.50
Reduced \$.40
Milk \$.50

