

May & June

2017 Breakfast and Lunch Menu

Menus subject
to Change

The USDA is an equal opportunity provider and employer

<p>Monday May 1</p> <p>Breakfast: Sweet Bread</p> <p>Lunch: Cook's Choice</p>	<p>Tuesday May 2</p> <p>Breakfast: Cook's Choice</p> <p>Lunch: Pulled Pork Sandwich Tater Tot Corn Coleslaw Mixed Fruit</p>	<p>Wednesday May 3</p> <p>Breakfast: Cook's Choice</p> <p>School Lunch Hero Day</p> <p>Lunch: Homemade Pizza</p> <p>Corn Side Salad Mandarin Oranges</p>	<p>Thursday May 4</p> <p>Cook's Choice</p>	<p>Friday May 5</p> <p>No School</p>
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May & June breakfast cost:
Elementary/HS- \$25.30
Per Meal- \$1.10

May & June Lunch costs:
MS/HS - \$63.25 (\$2.75)
Elementary - \$56.35 (\$2.45)
Extra Milk - \$0.30
Adult Breakfast - \$1.60
Adult Lunch - \$3.55

We encourage you to monitor your child's lunch account online to keep your balance current

<p>Monday May 8</p> <p>Breakfast: Cook's Choice</p> <p>Lunch: Chicken Tacos Spanish Rice Refried Beans Pineapple</p>	<p>Tuesday May 9</p> <p>Breakfast: Biscuit and Gravy</p> <p>Lunch: North Crawford Wild Wings Day Barbeque Wings with Ranch or Honey Mustard Dipping sauce Celery Green Beans Dinner Roll Pudding</p>	<p>Wednesday May 10</p> <p>Breakfast: Cereal or Ceral Bar</p> <p>Lunch: Turkey Sandwich or PB&J Fresh Veggies Chips Peaches</p>	<p>Thursday May 11</p> <p>Cook's Choice</p>	<p>Friday May 12</p> <p>Breakfast: Cereal or Ceral Bar</p> <p>Lunch: Cheeseburger Seasoned Potatoes Baked Beans Apple Slices</p>
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DON'T 4 GET!

To make a lunch, choose at least one

and 3-5 items total

Monday May 15

Cook's Choice

Tuesday May 16

Breakfast:
Cereal

Lunch:
Baked Chicken
Garlic breadstick
Broccoli
Caesar Salad
Peaches

Wednesday May 17

Breakfast:
Biscuits and Gravy
High School-
Grab n go

Lunch:
Asian Chicken
Stir Fried Rice
Broccoli
Mandarin Oranges
Fortune Cookie

Thursday May 18

Breakfast:
Cook's Choice

Lunch:
Chicken Enchilada
Sour Cream and Salsa
Spanish Rice
Black Beans
Pineapple

Friday May 19

Breakfast:
Combo Bar w/ Toast

Lunch:
Baked Chicken
Homemade Bread
Corn
Salad
Applesauce Cup
Cookie

Monday May 22

Breakfast:
Bagel and Cream
Cheese

Lunch:
Turkey and Cheese
slider
Coleslaw
Chips
Roasted Cauliflower
Applesauce Cup

Tuesday May 23

Breakfast:
Pancake Sausage Stick
High School-
Grab n go

Lunch:
Hot Dog w/ Chili
Chips
Baked Beans
Roasted Broccoli
Orange Wedges

Wednesday May 24

Breakfast with Dad

Cook's Choice

Tuesday May 16

Cook's Choice

Tuesday May 16

Cook's Choice

Monday May 29

No School Memorial Day

Tuesday May 30

Cook's Choice

Wednesday May 31

Cook's Choice

Thursday June 1

Cook's Choice

Friday June 2

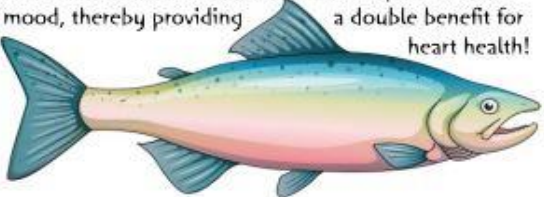
Cook's Choice
Last Day of School

EAT BETTER

Try lots of different fruits, veggies, whole grains, and protein options for a healthy diet. You're bound to find a few you really like!

SALMON

Salmon and other fish that are high in omega-3 fatty acids have already been shown to be good for the heart. But the same substance also helps to elevate mood, thereby providing a double benefit for heart health!



PLAY HARDER

Exercise is a natural way to boost mood and encourage positive feelings. Exercise triggers the brain to release "endorphins," which help create positive feelings of clarity and well-being. Best of all, research shows that just 20 minutes of exercise a day can power these feelings of happiness!



Every complete meal we serve comes with your choice of milk!

Summer Feeding Program will be from June 12-30. Join us for breakfast from 8-9 and lunch from 11:30-12:30 Monday through Friday