

MAY 2012 LUNCH ELEMENTARY MENU

WEEKLY NUTRITION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutrition Lunch Goal		1	2	3	4
Calories 645 Protein 9 gm Iron 3.3 mg Calcium 267 mg Vitamin A 1055 IU Vitamin C 15 mg Fat <30%	Menu subject to change without notice #May contain peanuts *Contains pork ~ gm Carbohydrates White milk 12 gm~ Chocolate skim milk 23 gm~.	Entrée: Whole-Grain French Toast Sticks 66 gm~ with Syrup 31 gm~ Potato Wedge 12 gm~ Variety Fruit 18 gm~ Fruit Yogurt 22 gm~ Milk	Entrée: Foot-long Hot Dog on Bun 38 gm~ Vegetarian Baked Beans 27 gm~ Sun Chips 22 gm~ Variety Fruit 18 gm~ Milk	Entrée: Chicken Strips 17 gm~ with Wheat Bread Stick 22 gm~ Sweet Potato Puffs 23 gm~ Dark Green Lettuce Salad 2 gm~ & Fat-Free Ranch Dressing 8 gm~ Variety Fruit 18 gm~ Milk	Entrée: Baked Breaded Fish 15 gm~ with Wheat Dinner Roll 21 gm~ Baked French Fries 14 gm~ California Vegetables 5 gm~ Variety Fruit 18 gm~ Milk
	7	8	9	10	11
Alternatives: Assorted sandwiches available every day (20 gm~). On Tuesdays: deli meat and cheese combo with fruit, dinner roll or whole-wheat crackers (44 gm~). On Wednesdays: chef salad with dinner roll (45 gm~). On Thursdays: fruit salad with fruit yogurt and dinner roll (57 gm~).	Entrée: Breaded Chicken Bites 15 gm~ and Roasted Potatoes 25 gm~ Peas 10 gm~ Variety Fruit 18 gm~ Goldfish Graham Crackers 19 gm Milk	Entrée: Mini Corn Dogs 21 gm~ Macaroni and Cheese 15 gm~ Relish Sticks 5 gm~ Variety Fruit 18 gm~ Milk	Entrée: Tacos: Taco Meat and Cheese 6 gm~ with Whole-Grain Tortilla 19 gm~ Shredded Romaine Lettuce 2 gm~ & Fresh Diced Tomatoes 3 gm~ Vegetarian Refried Beans 10 gm~ Variety Fruit 18 gm~ Milk	Entrée: Chicken Giggles 20 gm~ with Warm Yeasty Roll 19 gm~ Mashed Potatoes 17 gm~ Fresh Broccoli 4 gm~ Variety Fruit 18 gm~ Milk	Entrée: Italian Dunkers 28 gm~ with Dipping Sauce 11 gm~ Stir-Fry Vegetables 6 gm~ Variety Fruit 18 gm~ Frozen Swirl Fruit Cup 18 gm~ Milk
	14	15	16 Local Lunch Day	17	18
Food ingredients may vary by the manufacturer. Menu analysis is as current as information received from suppliers and manufacturers.	Entrée: Pepperoni Whole-Grain Stuffed-Crust Pizza* 45 gm~ California Blend Vegetables 5 gm~ Variety Fruit 18 gm~ Chocolate Chip Cookie 26 gm~ Milk	Entrée: Nachos 36 gm~ with Cheese Cup 4 gm~ and Taco Meat 3 gm~ or Beans 10 gm~ Spinach and Shredded Romaine Lettuce 2 gm~ & Fat-Free Ranch Dressing 8 gm~ Mexican Salad 11 gm~ Variety Fruit 18 gm~ Milk	Entrée: Cold Turkey Sandwich on Local Fresh Baked Wheat Roll 28 gm~ Relish Sticks 5 gm~ Leaf Lettuce and Sliced Tomato 4 gm~ Sun Chips 22 gm~ Variety Fruit 18 gm~ Milk	Entrée: Orange Chicken 18 gm~ with Wheat Dinner Roll 21 gm~ Chicken-Flavored Brown Rice 22 gm~ Dark Green Lettuce Salad 2 gm~ & Fat-Free Ranch Dressing 8 gm~ Variety Fruit 18 gm~ Milk	Entrée: Cheese Omelet 1 gm~ with Whole-Grain Cinnamon Roll 59 gm~ Fresh Mini Carrots 5 gm~ Variety Fruit 18 gm~ Frozen Fruit Cup 20 gm~ Milk
	21	22	23	24	25
Please make checks payable to ISD196 Food & Nutrition Services. Please include your child's PIN.	Entrée: Whole-Grain Mini Pancakes 34 gm~ with Syrup 31 gm~ and Sausage Links* 2 gm~ Potato Wedge 12 gm~ Variety Fruit 18 gm~ Fruit Yogurt 22 gm~ Milk	Entrée: Chicken Nuggets 13 gm~ with Wheat Bread Stick 22 gm~ Chicken-Flavored Brown Rice 22 gm~ Roasted Fresh Squash 25 gm~ Variety Fruit 18 gm~ Milk	Entrée: Cheese Quesadillas 42 gm~ Shredded Romaine Lettuce 2 gm~ & Fresh Diced Tomatoes 3 gm~ Vegetarian Refried Beans 10 gm~ Variety Fruit 18 gm~ Milk	Entrée: Popcorn Chicken 15 gm~ with Warm Wheat Roll 23 gm~ Vegetable Pasta Salad 7 gm~ Broccoli 5 gm~ Apple Crisp 20 gm~ Milk	Entrée: Pasta 32 gm~ with Spaghetti Sauce 19 gm~ and Cheese Bread 28 gm~ Italian Blend Vegetables 5 gm~ Variety Fruit 18 gm~ Homemade Brownie 32 gm~ Milk
	28	29	30	31	
There are employment opportunities in ISD 196 for daily and substitute Food Service positions. To apply, log onto www.district196.org Click on "Employment". "Start an application..." etc. <i>This institution is an equal opportunity provider.</i>	NO SCHOOL HOLIDAY	Entrée: Cheese Whole-Grain Stuffed-Crust Pizza 52 gm~ Carrots 8 gm~ Variety Fruit 18 gm~ Scooby-Do Graham Crackers 20 gm~ Milk	Entrée: Foot-long Hot Dog on Bun 38 gm~ Vegetarian Baked Beans 27 gm~ Sun Chips 22 gm~ Variety Fruit 18 gm~ Milk	Entrée: Chicken Strips 17 gm~ with Wheat Bread Stick 22 gm~ Sweet Potato Puffs 23 gm~ Dark Green Lettuce Salad 2 gm~ & Fat-Free Ranch Dressing 8 gm~ Variety Fruit 18 gm~ Milk	