

**HARVEST OF THE MONTH –**  
 Every Wednesday we will feature a seasonal fruit or vegetable on our salad bar. This month's harvest-  
 Strawberries  
 Please go to <http://harvestofthemonth.com> for details



Lunch - \$3.00 includes entrée, salad bar, fruit, and choice of beverage\*  
 Low fat Fruit Yogurt entrée available daily  
 Ala carte Salad -\$1.00  
 Milk and Bottled Water - \$0.50  
 Second entrée available for additional \$1.75

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients**
<b>May 31</b>  <b>Memorial Day Holiday</b>	<b>1</b>  <b>District Unpaid Furlough Day</b>	<b>2</b> <b>Pizza Day ✓</b>  <b>Bean and Cheese Burrito ✓</b>	<b>3</b> <b>Hot Dog</b>  <b>Cheese Stuffed Bread Stix✓ w/marinara dipping sauce</b>  <i>All meals include Mango Sherbet</i>	<b>4</b> <b>All Star Nuggets w/tator tots</b>  <b>Bean and Cheese Burrito ✓</b>	Cal 691 Pro 29 g Iron 5.11 mg Calc 593mg Vit A 1056RE Vit C 46 mg Fat 24% Sodium1487mg Fiber 8.59 mg
<b>7 Breakfast for Lunch</b> <b>Cheese Omelet ✓ w/French toast Pillsbury Frudel Breakfast Pastry w/sausage links</b>  <i>All meals include fruit bar and cereal assortment</i>	<b>8</b> <b>Corn Dog w/whole grains</b>  <b>Nachos w/beans and cheese ✓</b>  <i>All meals include 100% Fruit Sorbet</i>	<b>9</b> <b>Pizza Day ✓</b>  <b>Bean and Cheese Burrito ✓</b>	<b>10</b> <b>Hot Dog</b>  <b>Cheese Stuffed Bread Stix✓ w/marinara dipping sauce</b>	<b>11</b> <b>Cheese Pizza✓</b>  <b>Mini Cheeseburgers</b>  <i>All meals include 100% Fruit Sorbet</i>	Cal 691 Pro 29 g Iron 5.11 mg Calc 593mg Vit A 1056RE Vit C 46 mg Fat 24% Sodium1487mg Fiber 8.59 mg
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	
<b>SUMMER SCHOOL BEGINS</b>					

**Nutrient Goals**

Calories = or > 664

Protein = or > 10g

Iron= or > 3.5mg

Calcium = or > 286mg

Vit. A = or > 1000 IU

Vit. C = or >15 mg

Fat = or < 30%

**Food Notes –**  
 \*Sun Butter is a butter made from sunflower seeds. It does not contain allergens for students with peanut or tree nut allergies.

\*Beverage choices may include milk, 100% juice, water and soymilk

\*Organic Soy Milk is available with a meal at no extra charge. Ala carte price - \$1

\*Pepperoni and Hawaiian pizza offered on pizza day contain **pork. P**

\*Vegetarian pizza also available on pizza day

\*Hot dogs are made from turkey

\*Meatless entrees are marked with a **✓**

\*Gluten free entrees are marked with a **GF**

Please make prepayment checks out to Child Nutrition Services and include your students name and I.D #. Make sure that checks are dropped off at the school office. Prepayments can also be made online at <http://www.mynutrikids.com>. Please feel free to call our office for answers to your questions, feedback or for job opportunities @ 426-4417 Child Nutrition Services is an equal opportunity employer. Thank You!