

## Options Lunch Menu

The Child Nutrition Department is critical in establishing a healthy school nutrition environment to promote optimum health. Our Child Nutrition employees follow essential worker protocols set by the CDC

Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
1. Pizza <a href="#">See List</a> 2. Assorted sub sandwiches Side salad 1.8g Mandarin oranges 20.1g Rosy applesauce 14.9g	1. Salisbury steak 4.1g Mashed Potatoes 18.2g/ brown gravy 3.3g WW Roll 25.5g 2. chicken Schnitzel 30g, Tots 14.1g Carrots 22.3 g  Pears 19g	1 Walking Nachos 32.1g, black beans 22.6g 2. BBQ beef sandwich 36.7g spiral fries 16.9g Pineapple 16.6g	1. Chicken Parm 16.5g Spaghetti 42.9g garlic bread 15.6g Salad 1.8g 2. pretzel burger 30g crinkle fries 15.4g Mixed fruit 17.8g	1. Chicken fried steak 14g , mashed potatoes 18.2g , gravy 5.9g roll 25.5g 2. stuffed bread stick 34g, marinara 6. g  Broccoli 4.3g  Peaches 18.1g
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
1. Pizza <a href="#">See List</a> 2. Beef Pad Thai 19.2g, Midori veg 9.3g Brown rice 35g, Asian Dumplings 15.6g Mixed Fruit 17.8g	1. Hamburger 28g /cheeseburger 29g Crinkle fries 15.9g 2. Pork Chop, Mashed Potatoes 18.2g/ gravy 5.9g, WW Roll 25.5g Carrots 8.7 g Applesauce 15g	1. chef choice 2. Turkey & cheese sandwich 29.9g Black-eyed peas 32.1 g Pears 19g	1. Chicken & Noodles 28g, hot roll 25.5g 2. Grilled cheese 35g, marinara sauce 6.5g Side salad 1.8g Peaches 18.1g	1. Chicken nuggets 16.3g, Chef choice veg, Roll 14g 2. chicken & Cheese Quesadilla 32g Black beans 22.6g Mandarin Oranges 20.1g
Monday, May 20	Tuesday, May 21			
1. Pizza <a href="#">See List</a> 2. Assorted sub sandwiches Side salad 1.8g Pineapple 16.6g	1. Hamburger 28g /cheeseburger 29g 2. Chef Choice Carrots 88g Applesauce 15g			

### Daily Meals

- A variety of seasonal fruits and veggies are served daily. Apples, salad, baby carrots, and broccoli are offered most days.
- Students must choose 3 food groups, one being fruit or veggie to qualify for reimbursable meals per federal guidelines.
- Carb Counts are listed in [blue](#).
- Menus are subject to change without notice due to item availability and utilization at each school site.

This institution is an equal opportunity provider and employer

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