


SMSD Lunch Menu 9-12

MAY 2019



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Pasta & Meatballs Garlic Dinner Roll Broccoli 1/2c	2 Burger Bar Seasoned Pasta Spinach 1/2c Green Beans 1/2c	3 Grilled Cheese Tomato Soup WG Crackers Peas & Carrots
6 Buffalo Style OR Plain Chicken Nuggets Mashed Potatoes Broccoli	7 Chicken OR Veggie Fajitas Wraps Rice Black Bean Salad Seasoned Corn	8 Hamburger or Cheese Burger Seasoned Tomatoes	9 WG Flatbread Pizzas Your choice of Pepperoni/Cheese OR Veggie Roasted Carrots	10 Meatball OR Eggplant Parmesan Subs Pasta salad Green Beans 1/2c
13 Baked Pasta & Garlic Sticks Sweet Peas 1/2c Cauliflower 1/2c	14 Twin Tacos w/ Seasoned Meat OR Beans Mexican Rice Corn 1/2c	15 BBQ Chicken Finger Subs WG Pretzels Broccoli 1/2c	16 Burger Bar w/ Asst Toppings Spinach 1/2c Green Beans 1/2c	17 Pepperoni & Cheese Pizza Roasted Veggies Spinach
20 Hot Dogs on a WG Bun Seasoned Pasta Baked Beans Broccoli	21 Totchos (Tater Tot Nachos) With your choice Of Asst Toppings Meat OR Veggie & Beans Fiesta Rice & Corn	22 Chicken Nuggets w/ Asst FF Dipping Sauces Dinner Roll Carrot & Celery Sticks	23 Homemade Chili in a WG Bread Bowl Yellow & Green Beans	24 Breakfast for Lunch Eggs w/ Roasted Vegetables Sausage & 1/2 slice Toasted WG Flatbread
27 No School Memorial Day 	28 Nachos Grande w Your Choice of Seasoned Meat Or Refried Beans Corn	29 Baked Mac & Cheese Pretzel Roll Romaine Salad Green Beans	30 BBQ Cheese Burgers Oven Roasted Carrot Fries	31 Grilled Ham & Cheese Flatbreads Roasted Vegetables Minestrone Soup

Lunch Fact

My Plate

Recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.

Offered daily

With all School Lunches:

Fresh OR Prepared Fruit & Vegetables

Non or Low-Fat White, Chocolate OR Strawberry Milk

We serve the following Items Daily

PBJ (2M & 1.75G), Cheese Sandwich (2M & 1.75G),

Fresh Salad and Toppings Bar

Cheese Sandwich

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Opportunity Provider and Employer

Start with a:

- **Vegetable**
- **Fruit** *(or take both)*
- **Choose whole grains**
- **Pick a lean protein**
- **Add serving of milk**

Take at least 3