


SMSD Lunch Menu K-8

MAY 2019



Menu is subject to change.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | | 1 Baked Pasta & Meatballs Broccoli 1/2c | 2 Burger Bar Seasoned Pasta Spinach 1/2c Green Beans 1/2c | 3 Grilled Cheese Tomato Soup Peas & Carrots |
| 6 Buffalo Style OR Plain Chicken Nuggets Mashed Potatoes Broccoli 1/2c | 7 Chicken OR Veggie Fajitas Wraps 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 Green Beans 1/2c |
| 13 Baked Pasta Sweet Peas 1/2c Cauliflower 1/2c | 14 Twin Tacos w/ Seasoned Meat OR Beans Corn 1/2c | 15 BBQ Chicken Finger Subs Broccoli 1/2c | 16 Burger Bar 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 Corn | 22 Chicken Nuggets w/ FF Dipping sauces 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 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

This USDA School is an Equal

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