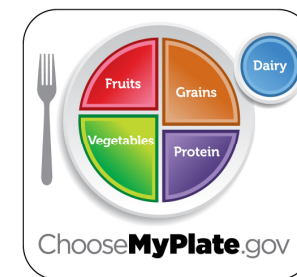




Lunch Menu May 2015

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| | | | | 1 Cheese Pizza, Salad, Cucumber, Pears |
| 4 Chicken with Rice Humus, Grapes | 5 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 6 Meatballs in Pasta Garlic Bread, Salad, Peaches | 7 Fried Chicken Macaroni & Cheese Salad, Apples | 8 School Closed- Childcare Open Cheese Pizza, Salad, Cucumber, Pears |
| 11 Chicken Sandwich, Baked French Fries, Apples | 12 Fish and Rice, Veggie baked navy beans, Peaches | 13 Grilled Chicken Burger Carrots, Grapes | 14 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 15 Cheese Pizza Salad, Pears |
| 18 Pasta with Shrimp, Salad, Apples | 19 Hotdog, Baked French Fries Salad, Grapes | 20 Chicken with Pita Bread Salad, Peaches | 21 Beef & Bean Chili with Pita Bread, Mixed Fruits | 22 Cheese Pizza, Salad, Cucumber, Pears |
| 25 School Closed- Childcare Closed | 26 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 27 Meatballs in Pasta Garlic Bread, Salad, Peaches | 28 Fried Chicken Macaroni & Cheese Salad, Apples | 29 Cheese Pizza, Salad, Cucumber, Pears |



Compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread and frozen meals. Select canned foods labeled "low sodium", "reduced sodium", or "no salt added".

Know how much to eat

Get personalized nutrition information based on your age, gender, height, weight, current physical activity level, and other factors. Use SuperTracker Tool to determine your calorie needs, plan a diet that's right for you, and track your progress toward your goals.

Choice of Low Fat White and Fat Free Chocolate milk is available every day. Cost of milk is \$0.50 for those students who are not in the program.