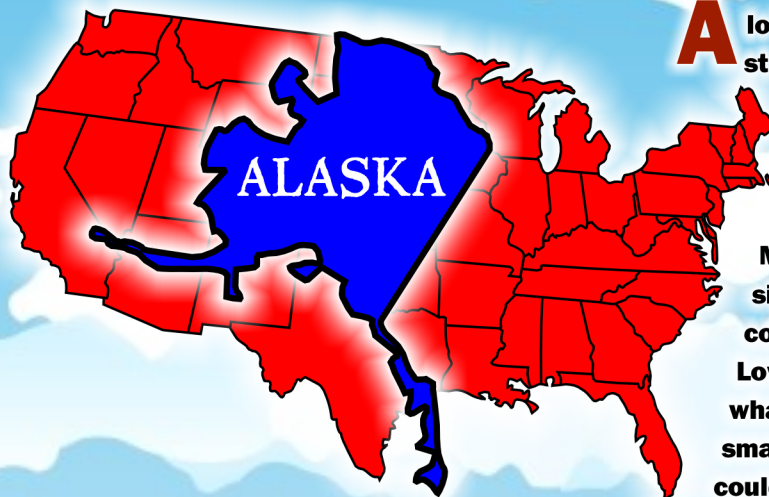


# Menus for **May 2019**

## Burger Lunch Menu & Info

This institution is an equal opportunity provider. Menus are subject to change.



**A** lot of people in the “Lower 48” states don’t realize just how gigantic the state of Alaska is! The next three biggest states combined – Texas, California, and Montana – don’t equal the size of Alaska. And if you could put Alaska inside the Lower 48 states, this is about what it would look like. The smallest state, Rhode Island, could fit into Alaska 425 times!

### Available Daily Choose One

- \*Entrée of the Day
- \*Sandwich of the Day, \*PBJ
- \*Cheeseburger on a Bun
- \*Domino’s Pizza
- \*Grilled Chicken Salad Plate  
(may choose a fruit or vegetable)
- Assorted Milk & 100% Juice  
with all Purchased Meals

### Wednesday, May 1

“**Nacho Grande**”  
\*Mexican Taco  
(beef or pork)  
on Nacho Chips  
With Trimmings  
Mexican Rice  
\*Roasted Chicken  
Salad Wrap  
**Sides**  
Refried Beans  
Mixed Fruit  
Fresh Fruit  
Tossed Salad

### Thursday, May 2

\*Pulled Pork or  
White Garlic Pizza  
Pasta Salad  
\*Turkey  
Cheddar Wrap  
**Sides**  
Sweet Potato Fries  
Tomato Soup  
Diced Pears  
Fantastic  
Fresh Fruit  
Tossed Salad

### Friday, May 3

Baked Pasta  
with Meaty Sauce  
Warm Breadstick  
\*Tuna Salad Sub  
**Sides**  
Tasty  
Green Beans  
Diced Peaches  
Fantastic  
Fresh Fruit  
Tossed Salad

## SAFETY FIRST.

Lightning can strike even if it’s not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, “If thunder roars, stay indoors” – and not under a tree!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

### Monday, May 6

Cheese Stuffed  
Crust Pizza  
\*Turkey &  
Cheese on  
Pretzel Roll  
**Sides**  
“Hash Tag”  
Sweet Potato Fries  
Tomato Soup  
Mixed Fruit  
Fresh Fruit  
Tossed Salad

### Tuesday, May 7

Breaded Chicken  
Drumstick  
Corn Bread  
\*Tuna Salad Sub  
**Sides**  
100% Fruit Juice  
Fresh Steamed  
Broccoli  
Applesauce Cup  
Fantastic  
Fresh Fruit  
Tossed Salad

### Wednesday, May 8

“\*Fajita Chicken on  
Loco Bread  
With all the Trimmings  
\*Ham & Cheese on  
Whole Wheat  
**Sides**  
Golden  
Hash Brown Patty  
Warm Apples  
Fantastic  
Fresh Fruit  
Tossed Salad

### Thursday, May 9

\*Italian Rotini Pasta  
Meatballs (beef)  
Garlic Bread  
\*Deli (bologna) on  
Whole Wheat  
**Sides**  
100% Fruit Juice  
Tasty  
Green Beans  
Diced Peaches  
Fantastic  
Fresh Fruit  
Tossed Salad

### Friday, May 10

\*“Juicy”  
Cheeseburger  
on a Bun  
\*Crispy French Fries  
\*Roasted Chicken  
Salad Wrap  
**Sides**  
Baked Beans  
Diced Pears  
Fantastic  
Fresh Fruit  
Tossed Salad

**The original value meal  
& still a fantastic deal!**

Breakfast

Lunch

\$1.70 1.70  
Elementary Secondary

\$2.40 \$2.70  
Elementary Secondary

Get in touch with us today to learn more about free and reduced-price meals in our district:

Monday, May 13

\*"Big Daddy's"  
Primo  
Cheese Pizza  
\*Turkey & Cheese  
on Loco Bread  
**Sides**  
Fresh Steamed  
Broccoli  
Mixed Fruit  
Fantastic  
Fresh Fruit  
Tossed Salad

Tuesday, May 14

"Asian Chicken  
Fluffy Rice  
Veggie Egg Roll  
\*Tuna Salad Sub  
**Sides**  
Oriental Blend  
Vegetables  
Mandarin  
Oranges  
Fantastic  
Fresh Fruit  
Tossed Salad

Wednesday, May 15

\*Turkey & Ham  
Panini  
Pasta Salad  
\*Deli (bologna)  
on WW  
**Sides**  
Honey Glazed  
Carrots  
Warm Sliced  
Apples  
Fantastic  
Fresh Fruit  
Tossed Salad

Thursday, May 16

"**Mucho Grande**"  
\*Mexican Taco Boat  
(beef or pork)  
With Trimmings  
Mexican Rice  
\*Ham & Cheese on  
WW Pretzel Roll  
**Sides**  
Sunshine Corn  
Diced Peaches  
Fantastic  
Fresh Fruit  
Tossed Salad

Friday, May 17

\*Chicken  
Nuggets  
Warm Dinner Roll  
Fluffy Rice  
\*Turkey Cheddar  
Wrap  
**Sides**  
Baked Beans  
Tomato Soup  
Berry Cup  
Fresh Fruit  
Tossed Salad



**Q:** Where do we get most of the tomatoes we eat?

**A:** The average American eats close to 30 pounds of tomatoes a year, and all of them started off on a vine somewhere! But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed forms – out of a bottle of ketchup, in pizza sauce, or as various kinds of canned tomatoes.



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, May 20

\*Breaded, hot & spicy or grilled  
Chicken Patty  
on a Bun  
\*Deli (bologna)  
on WW  
**Sides**  
Hot Mixed  
Vegetables  
**Emerald Pears**  
Fresh Fruit  
Tossed Salad

Tuesday, May 21

\*"Zweigle's"  
Hot Dog on a Roll  
Texas Chili  
Turkey & Cheese  
on Whole Wheat  
**Sides**  
100% Fruit Juice  
Fresh Steamed  
Broccoli  
Side Kick  
Fantastic  
Fresh Fruit  
Tossed Salad

Wednesday, May 22

\*Personal Pan  
Cheese Pizza  
\*Ham & Cheese  
Sub  
**Sides**  
Fresh Baby  
Carrots  
Pineapple Tidbits  
Fantastic  
Fresh Fruit  
Tossed Salad

Thursday, May 23

\*Mozzarella Sticks  
With Sauce  
Pasta (rotini)  
with Sauce  
\*Turkey Cheddar  
Wrap  
**Sides**  
100% Fruit Juice  
Texas Caviar  
Mixed Fruit  
Fantastic  
Fresh Fruit  
Tossed Salad

Friday, May 24



Monday, May 27



Tuesday, May 28

"Cheese Meatloaf  
on a Bun  
Crispy Onion Rings  
\*Ham & Cheese  
on Whole Wheat  
**Sides**  
100% Fruit Juice  
Green Peas  
Peach Cup  
Fantastic  
Fresh Fruit  
Tossed Salad

Wednesday, May 29

"**Nacho Grande**"  
\*Mexican Taco  
(beef or pork)  
on Nacho Chips  
With Trimmings  
\*Roasted Chicken  
Salad Wrap  
**Sides**  
Refried Beans  
Mixed Fruit  
Fantastic  
Fresh Fruit  
Tossed Salad

Thursday, May 30

\*Pulled Pork or  
White Garlic Pizza  
\*Turkey  
Cheddar Wrap  
**Sides**  
100% Fruit Juice  
Sweet Potato Fries  
Tomato Soup  
Diced Peas  
Fantastic  
Fresh Fruit  
Tossed Salad

Friday, May 31

\*Baked Pasta  
with Meaty  
Sauce  
Warm Breadstick  
\*Tuna Salad Sub  
**Sides**  
Tasty  
Green Beans  
Diced Peaches  
Fantastic  
Fresh Fruit  
Tossed Salad

**PREPAYMENT OPTIONS**

You may prepay for breakfast, lunch & snacks by giving the cashier Cash or Check. Or use Visa or MasterCard, credit/debit card or e-checks by calling **866-727-3053** Or log on to [www.MyPaymentsPlus.com](http://www.MyPaymentsPlus.com) If you need your child's Student number to set up a new account on My Payments Plus, please call 359-5388.