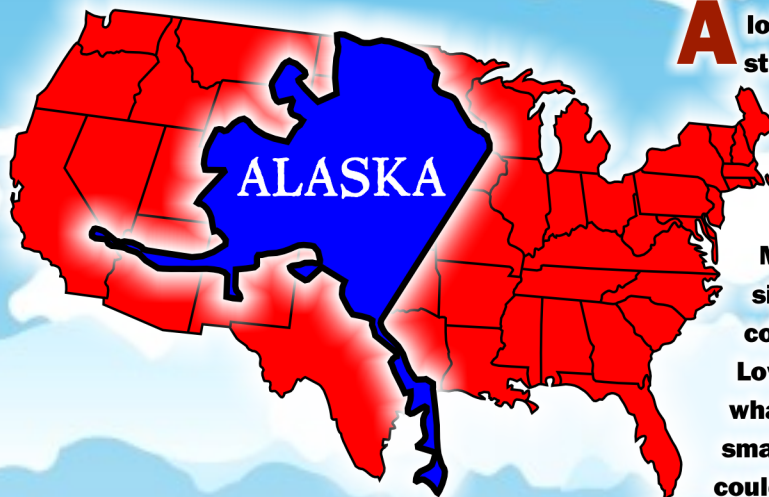


Menus for **May 2019**

Sherman & Vollmer
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

*Build your own yogurt plate

Monday Wednesday Friday

Hamburger on a Bun

Tuesday & Thursday

Hot Grilled Chicken Patty on a Bun

Assorted Milk with all meals

Wednesday, May 1

“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 2

Cheese or
White Garlic Pizza

*Turkey

Cheddar Wrap

Sides

100% Fruit Juice

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

“Brunch for Lunch”

*Mini Pancakes

in a Bag

Pork Sausage Patties

*Ham & Cheese on

Whole Wheat

Sides

Golden

Hash Brown Patty

Warm Apples

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
100% Fruit Juice
Oriental Blend
Vegetables
Mandarin Oranges
Fantastic
Fresh Fruit
Tossed Salad

Wednesday, May 15

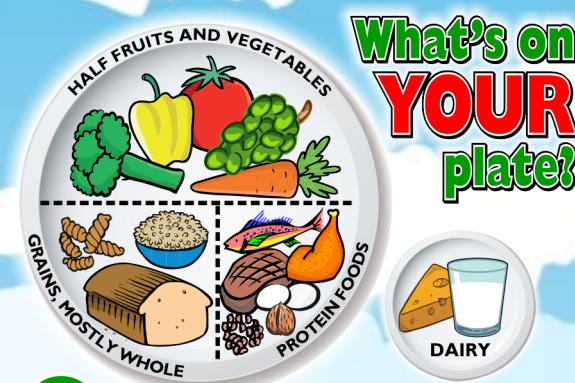
"**Brunch for Lunch**"
*French Toast Sticks
with Syrup
Pork Sausage
Patties
*Deli (bologna) on
WW
Sides
Fresh Baby Carrots
Honey Glazed
Carrots
Warm Apples
Fresh Fruit
Tossed Salad

Thursday, May 16

"**Mucho Grande**"
*Mexican Taco Boat
(beef or pork)
With Trimmings
Mexican Rice
*Ham & Cheese on
WW Pretzel Roll
Sides
100% Fruit Juice
Sunshine Corn
Diced Peaches
Fresh Fruit
Tossed Salad

Friday, May 17

*Chicken
Nuggets
Warm Dinner Roll
*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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 20

**Breaded Chicken
Patty on a Bun
*Deli (bologna) on
WW
Sides
Hot Mixed
Vegetables
Pineapple Tidbits
Fantastic
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



**No
School
Today**

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
Mexican Rice
*Roasted Chicken
Salad Wrap
Sides
Refried Beans
Mixed Fruit
Fresh Fruit
Tossed Salad

Thursday, May 30

*Cheese or
White Garlic Pizza
*Turkey
Cheddar Wrap
Sides
100% Fruit Juice
Sweet Potato Fries
Tomato Soup
Diced Pears
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 If you need your child's Student number to set up a new account on My Payments Plus, please call 359-5388.