






# Menu

## Elementary Lunch Grades K-5 May 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
<b>3</b> Hamburger <b>Bean &amp; Sour Cream Burrito</b> Turkey Bologna Wrap <b>Garden Salad</b>  Mixed Veggies Vegetarian Beans Diced Peaches <b>May is National Hamburger Month!</b>	<b>4</b> Cuban Turkey Sandwich Turkey Ham & Cheese Quesadilla <b>Veggie Sandwich</b> Chef Salad  Green Beans Potato Rounds Banana Nut Bread	<b>5</b> Beef or <b>Cheese Nachos</b> Chef Boyardee <b>Cheese Ravioli</b> Turkey Breast Sandwich <b>Popcorn Shrimp Salad</b>   Mexican Corn Mexican Red Beans Spanish Rice	<b>6</b> Spaghetti w/ Meatballs <b>Fish Patty Sandwich</b> <b>PB &amp; J Wafer Bar</b> Chef Salad  Shoestring Carrots Garlic Bread <b>Eat.Learn.Live</b> Snickerdoodle Cookie	<b>7</b> Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza Turkey Salami Sandwich <b>Yogurt &amp; Fruit Salad</b>  Peas Raisins Apple Fruit Crisp	Calories: 660 Total Fat (g): 18 Saturated Fat (g): 6 Sodium (mg): 1213 Carbohydrates (g): 98 Protein (g): 27 Vitamin A (IU): 1920 Vitamin C (mg): 26 Calcium (mg): 441 Iron (mg): 5
<b>10</b> Turkey Gyros on <b>Pita Fish Sticks</b> <b>Veggie Sandwich</b> Chef Salad  Carrot Coins White Rice Diced Apricots	<b>11</b> Rice, Turkey Ham, & Pea Skillet Tyson Chicken Nuggets Turkey Salami Wrap <b>Yogurt &amp; Fruit Salad</b>  Sliced Yellow Squash Tossed Salad Crunchy Fruit Crisp	<b>12</b> Spaghetti w/ Turkey Meat Sauce Toasted Turkey Ham & Cheese Sandwich <b>PB &amp; J Wafer Bar</b> Sweet & Sour Chicken Salad  Peas Garlic Bread Grandma Maud's Sugar Cookie	<b>13</b> Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza Turkey & Cheese Sandwich <b>Garden Salad</b>  Cut Corn Raisins Comfort Cake Lemon Pound Cake w/ Icing	<b>14</b> Tyson Chicken Patty Sandwich Chef Boyardee Beef Ravioli Turkey Bologna Sandwich <b>Popcorn Shrimp Salad</b>  Green Beans Potato Rounds Vegetarian Beans	Calories: 686 Total Fat (g): 19 Saturated Fat (g): 6 Sodium (mg): 1069 Carbohydrates (g): 105 Protein (g): 26 Vitamin A (IU): 2817 Vitamin C (mg): 28 Calcium (mg): 450 Iron (mg): 7
<b>17</b> <b>Fish Patty Sandwich</b> <b>Toasted Cheese Sandwich</b> Turkey Salami Sandwich Chef Salad  Corn White Rice Banana Nut Bread	<b>18</b> Turkey Roast Italian Meatball Sandwich Turkey Bologna Wrap <b>Garden Salad</b>  Peas Mashed Sweet Potatoes Applesauce	<b>19</b> BBQ Burger Chicken Corn Dog <b>Veggie Sandwich</b> Chef Salad  Cut Green Beans Cheesy Mac Comfort Cake Lemon Pound Cake w/ Icing	<b>20</b> Mandarin Chicken w/ Rice <b>Cheese Burrito</b> Turkey Ham Sandwich <b>Yogurt &amp; Fruit Salad</b>  Carrot Coins Raisins Diced Pears <i>*Monthly Featured Item</i>	<b>21</b> Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza Turkey & Cheese Sandwich <b>Popcorn Shrimp Salad</b>  Sliced Yellow Squash Tossed Salad <b>Eat.Learn.Live</b> Chocolate Cookie	Calories: 697 Total Fat (g): 18 Saturated Fat (g): 6 Sodium (mg): 1156 Carbohydrates (g): 107 Protein (g): 27 Vitamin A (IU): 2381 Vitamin C (mg): 28 Calcium (mg): 432 Iron (mg): 5
<b>24</b> Cheeseburger Turkey Hot Dog Turkey Bologna Sandwich <b>Garden Salad</b>   Carrot Coins Vegetarian Beans Comfort Cake Lemon Pound Cake w/ Icing	<b>25</b> Glazed Turkey Ham <b>Toasted Cheese Sandwich</b> Turkey Salami Wrap <b>Popcorn Shrimp Salad</b>  Green Beans Mashed Sweet Potatoes Applesauce	<b>26</b> BBQ Chicken Thigh Kellogg's <b>Gardenburger</b> Turkey Ham & Cheese Sandwich <b>Yogurt &amp; Fruit Salad</b>   Seasoned Collards White Rice Grandma Maud's Sugar Cookie	<b>27</b> Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza <b>Veggie Sandwich</b> Chef Salad  Peas Raisins Diced Peaches	<b>28</b> Cheesy Mac w/ Turkey Ham Slice <b>Bean &amp; Sour Cream Burrito</b> <b>PB &amp; J Wafer Bar</b> Chef Salad   Corn Tossed Salad Banana Nut Bread	Calories: 700 Total Fat (g): 19 Saturated Fat (g): 7 Sodium (mg): 1272 Carbohydrates (g): 104 Protein (g): 28 Vitamin A (IU): 3358 Vitamin C (mg): 28 Calcium (mg): 486 Iron (mg): 5

**Meatless Option**, Fresh Fruit Choice, and Milk offered daily. All Balanced Choices Meals Include Milk and choice of fresh fruit. **Students must take an entrée, 1 to 3 sides, and may take a milk.** Students must take a minimum of 3 or a maximum of 5 food items. 5th item must be a milk. **Items marked with  indicate frozen, local produce. *Italicized items indicate whole grain item.***

This institution is an equal opportunity provider. Food Service Provided by Chartwells School Dining Services. Menu subject to change without notice. Questions? Please contact Bob Bloomer at (773) 722-4964 <http://www.thatcps.com>

