



MESSIAH LUTHERAN SCHOOL

MAY 2018 - (revised 4-27-18)

*- Baked WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	HOT LUNCH MOTHER GOOSE DAY Candlestick French Toast This Little Piggy Sausage Little Miss Muffet Muffin 5 Fruits Fruit Cocktail Jack & Jill Milk <u>ALTERNATE ENTRÉE</u> Humpty Dumpty Scrambled Eggs Southwest Salad	HOT LUNCH Meatloaf Mashed Potatoes Peas & Carrots Vanilla Wafers Milk, Fat Free <u>ALTERNATE ENTRÉE</u> Chicken Rings Southwest Salad	HOT LUNCH Pizza Stick Salad Fresh Fruit/Seasonal Sugar Cookie Milk, Fat Free <u>ALTERNATE ENTRÉE</u> Hamburger on Bun Southwest Salad	HOT LUNCH STAR WARS DAY C3PO Soft Taco R2D2 Spanish Rice Hans Solo Salad Princess Leah Sherbet Chewbacca Milk <u>ALTERNATE ENTRÉE</u> Darth Vader Bosco Stick Southwest Salad
	7	8	9	10
HOT LUNCH Hot Dog Goldfish Crackers Pears Oreos Milk, Fat Free <u>ALTERNATE ENTRÉE</u> Bosco Stick Chef Salad	HOT LUNCH Cheese Quesadilla Spanish Rice Corn Sherbet Milk, Fat Free <u>ALTERNATE ENTRÉE</u> Nachos & Cheese Chef Salad	HOT LUNCH Lasagna Broccoli Breadstick Fresh Fruit/Seasonal Milk, Fat Free SUPERVISOR SPECIAL ICE CREAM SUNDAE <u>ALTERNATE ENTRÉE</u> Chicken Nuggets Chef Salad	HOT LUNCH PAPA JOHNS PIZZA Salad Cheese Garlic Bread Milk, Fat Free <u>NO ALTERNATE ENTRÉE</u> Chef Salad	HOT LUNCH Waffles Sausage Peaches Yogurt Milk, Fat Free <u>NO ALTERNATE ENTRÉE</u> French Toast Sticks Chef Salad
14	15	16	17	18
HOT LUNCH Pepperoni Pizza Salad Fresh Fruit/Seasonal Brownie Milk, Fat Free SMOOTHIE KING \$1.50 <u>ALTERNATE ENTRÉE</u> Pretzel with Cheese Cranberry Chicken Salad	HOT LUNCH NATIONAL CHOCOLATE CHIP DAY CHICK-FIL-A DAY Nugget Plate \$4.50 Slider Plate \$4.00 Sandwich Plate \$5.50 PLATE INCLUDES: FRIES, CHOCOLATE CHIP COOKIE, AND MILK <u>NO ALTERNATE ENTRÉE</u> Cranberry Chicken Salad	HOT LUNCH Cheeseburger Fries Cooked Carrots Mandarin Oranges Milk, Fat Free <u>ALTERNATE ENTRÉE</u> Chicken Rings Cranberry Chicken Salad	HOT LUNCH Corn Dog Corn Fresh Fruit/Seasonal Vanilla Wafers Milk, Fat Free <u>ALTERNATE ENTRÉE</u> Drumstick Cranberry Chicken Salad	HOT LUNCH Toasted Ravioli Green Beans Teddy Grahams Applesauce Milk, Fat Free <u>ALTERNATE ENTRÉE</u> Pizza Stick Cranberry Chicken Salad
21	22	23	24	25
HOT LUNCH PAPA JOHNS PIZZA Salad Gripz Milk, Fat Free <u>NO ALTERNATE ENTRÉE</u> St. Louis Hill Salad	HOT LUNCH MUSICAL INSTRUMENT DAY Clarinet Bosco Stick Trumpet Mixed Veggies Baritone Fruit Cocktail Tuba 100% Juice Bar Piano Milk <u>ALTERNATE ENTRÉE</u> Guitar Grilled Cheese St. Louis Hill Salad	HOT LUNCH Pancake Sausage Fresh Fruit/Seasonal Yogurt Milk, Fat Free <u>ALTERNATE ENTRÉE</u> French Toast Sticks St. Louis Hill Salad	HOT LUNCH MAY MADNESS LUNCH HOT DOG CHIPS FRUIT CUPS COOKIE CAPRI SUN <u>NO ALTERNATE ENTRÉE</u> St. Louis Hill Salad	HOT LUNCH NO LUNCH

PLATE LUNCH PRICES PRESCHOOL \$3.00 KINDERGARTEN \$3.35 GRADES 1-5 \$3.60 GRADES 6-8 \$3.85	CUPS OF WATER FREE SMALL WATER BOTTLE .70 LARGE WATER BOTTLE 1.10 GATORADE 1.55	ALA CARTE MENU (AVAILABLE DAILY) CAPRI SUN .95 DOLE FRUIT DRINKS TBD SKIM MILK TBD CHOCOLATE/STRAWBERRY MILK TBD	COOKIES 1.35 FRUIT SNACKS TBD BROWNIE .85 GREEK YOGURT SMOOTHIE 2.00
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All FSC menus follow the USDA guidelines and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entrée).



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