


St. Mary's Elementary Lunch Menu



**May
2018**

Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2	3	4	
	Soft Beef Taco Seasoned black beans Peaches Milk choices	Chicken & rice bake Steamed Broccoli Fresh fruit choices Goldfish Graham Crackers Milk choices	Chicken Patty sandwich on ww bun Green beans Peaches Milk choices	Cheeseburger or Hamburger Steamed carrots Fresh Grapes Milk choices	
7	8	9	10	11	
Turkey Hot dog on ww bun Fresh fruit Potato wedges Milk choices	Chicken Fajitas Refried beans, salsas, tortilla chips Tropical Fruit Milk choices	Spaghetti & Italian pork meatballs Green beans Peaches Breadstick Milk choices	Yummy cheese sandwich w/tomato soup Apple wedges Milk choices	Cheese Pizza Tossed Green Salad Fruit cocktail Milk	
15	16	17	18	19	
Macaroni & Cheese Green peas Applesauce Milk choices	Tangerine Chicken Rice & Pacific Blend Vegetables, Tropical Fruit Milk	Pizza Stuffwich Tossed Salad Pineapple Tidbits Bread stick with dipping sauce Milk choices Strawberry Milk Day	Chicken nuggets Carrot sticks with hummus dip Fruit cocktail Milk choices	Chicken Drumstick Tossed Green Salad Cherry Cobbler Milk choices	
21	22	23	24	25	
Bean & Cheese Burrito Refried beans, salsa, & tortilla chips Fresh Grapes Milk choices	Corn Dog Potato Sidewinders Peaches Milk choices	Chicken Alfredo Steamed Broccoli Strawberries Chocolate Cake Milk choices	Sub Sandwiches Pretzel Sticks Fresh Vegetables Applesauce Cup Milk Choices	Pepperoni Pizza Sticks Bread Stick & Pasta Sauce Tossed Green Salad Fruit Cocktail Milk Choices	
28	29	30	31		
	Nachos Bean Dip Red Pepper Strips Tropical Fruit Milk choices	Pigs in a Blanket (turkey dog in biscuit) Green Beans Peaches Milk Choices	Italian Meatball Sub Steamed Broccoli Fresh Fruit Milk choices		
Average	Weekly Target	% of Target	Average	Weekly Target	% Calories
Calories 620 Sodium 1042 mg	550-650 < 1230 mg	100	Saturated Fat 5.59 g	< 10.00 %	8.1 %

This institution is an equal opportunity provider.

Menus are subject to change based on product availability. A variety of milk is offered: fat free white, fat free chocolate and 1% white. A vegetarian option is available every day. The alternative choice to the main entrée item is a peanut butter sandwich and yogurt.

St. Mary's Elementary Lunch Menu



June 2018

Monday		Tuesday		Wednesday		Thursday		Friday		
<p>Have a great summer!! Join us for lunch this summer at Lena Whitmore Elementary Monday- Friday 11:30-12:30 June 25- August 10.</p>								<p>1 Cheeseburger or Hamburger Steamed carrots Fresh Grapes Milk choices</p>		
4		5		6						
<p>French Toast Sticks Blueberries Seasoned diced potatoes Milk Choices</p>		<p>School Picnic</p>		<p>Turkey & cheese Sandwich Applesauce cup Carrots & hummus dip Goldfish Crackers Milk choices</p>						
Average		Weekly Target		% of Target		Average		Weekly Target		% Calories
Calories	625	550-650		100		Saturated Fat	4.54 g	< 10.00 %		6.5%
Sodium	1017 mg	< 1230 mg								