

May 2018 Facts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Taco Day Whole wheat wrap 50 cal, 2g fat, 8g carb, 1 g pro Shredded chicken Cal,3g fat 0g carb 24 g pro Brown rice 130 cal, 1g fat, 28 carb 3 g pro Lettuce, salsa, sour cream, cheese 140 cal, 12g fat, 2g carb, 6g pro Black beans 80 cal, 2g fat, 13g carb, 3g pro	2 Sausage egg & Cheese muffins 250 cal 18g fat 20g carbs 30g 21g pro	3 Chicken Pot Pie 345 cal, 19g fat 34g carbs 10 g pro	4 Pizza 300 Cal, 12g Fat, 31g Carb, 16g Pro (cheese/meatball) 230 Cal, 6g Fat, 31g Carb, 10g Pro (cheese/veggie) 210 Cal, 6g Fat, 29g Carb, 10g Pro (cheese only) C ARROT STICKS. 35 Cal, 0g Fat, 8g Carb, 1g Pro
7 Pasta Day! Penne with meatballs and marinara. 400 cal,30g fat 40g carbs, 20g protein	8 Quesadillas Cal 350.0 fat 9.0g carbs 40.0g pro 27.0g brown rice 130 cal, 1g fat, 28 carb, 3g pro	9 Breakfast Day Blueberry Muffin s95 Cal, 4g Fat, 13g Carb, 2g Pro SCRAMBLED EGGS WITH CHEESE 185 Cal, 13g Fat, 1g Carb, 16g Pro TURKEY SAUSAGE. 45 cal, 3g fat, 0g carb, 4g pro	10 Sloppy Joes With a side of waffle fries and veggies. Cal 346, fat 13.08g Carbs 35.81, pro, 19.86 waffle fries Cal 150, fat 6g carbs 22g pro 2g	11 Pizza Day Whole wheat dough Meatball, bacon, or cheese with fresh veggies.
14 Pasta Day! 15 Pasta Day! Orzo Primavera, Fresh veggies with olive oil, and garlic, tossed with orzo pasta and parmesan cheese. 290 Cal, 19g Fat, 22g Carb, 8g Protein	15 Nacho Day! carb, 3g pro 55 cal, 2g fat, 8g carb, 1 g pro Shredded chicken Cal,3g fat 0g carb 24 g pro Brown rice 130 cal, 1g fat, 28 carb 3 g pro Lettuce, salsa, sour cream, cheese 140 cal, 12g fat, 2g carb, 6g pro Black beans	16 Breakfast Day! Jumbo Cinnamon rolls 250 Cal, 14g Fat, 27g Carb, 4g Pro Caprese frittata 170 Cal, 14g Fat, 1g Carb, 10g pro hash browns 75 Cal, 1g Fat, 15g Carb, 2g Protein	17 Italian Sausage subs With green and red peppers, marinara and mozzarella cheese. 305 cal, 14g fat, 26g carb, 19g pro	18 Pizza Day Whole wheat dough Meatball, bacon, or cheese with fresh veggies.
21 Baked Rigatoni 190 Cal, 13g Fat, 21.0g Carb, 8g Pro and a side of broccoli. 30 Cal, 0g Fat, 6g Carb, 2g Pro	22 Enchiladas Chicken Enchiladas Stuffed with chicken and cheese, served with brown rice and c Cal 350.0 fat 9.0g carbs 40.0g pro 27.0g brown rice 130 cal, 1g fat, 28 carb, 3g pro	23 Breakfast Day! Pancakes, Sausage, Scrambled eggs, and hashbrowns. Pancakes (1) 95 Cal, 4g Fat, 13g Carb, 2g Pro HOMEMADE BERRY SYRUP (2 tbs) 100 Cal, 0g Fat, 25g Carb, 0g Pro SCRAMBLED EGGS 120 Cal, 8g Fat, 1g Carb, 11g Protein TURKEY SAUSAGE 45 cal, 3g fat, 0g carb, 4g pro	24 BBQ Chicken Breasts. With Mac and cheese, cornbread and green beans. Cal 70, fat 2g carbs 1g pro 11g Mac and cheese cal 170.3 fat 5.8g carbs 23.2g pro 6.2g cornbread cal 20 fay .66g carbs 2.96g pro .47g	25 Pizza Day Last Day Of Hot Lunch Service.

\$4.75 Lunch Includes:

Hot Entrée OR Fresh Carved Sandwich
 All lunches also include choice of fresh salad, fruit bar or soup of the day
 White Milk OR 8oz Bottled Water

A La Carte Items Chef Salad \$3.95 | Plain Salad \$3 | Soup Cup \$1.50

Yogurt Parfait \$3 | Fruit Cup \$1.50 | Whole Fruit \$.50 | Veggie Cup \$1.50
 Turkey or Ham and Cheese Wraps \$3.25 | chocolate chip cookie \$.50 | Izze \$2.00