

Welcome to our Lunch Cafe at...

Early Childhood Center #4

May
2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



1 Burger
burger on a freshly toasted bun
Or Cheeseburger
Steamed Carrots
Red Pepper Strips
Fresh Grapes

Served on WG Bun

2 Baked Pasta with Cheese

French Bread
Side Salad
Buttered Corn
Sliced Oranges

3 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Brown Rice
Black Beans
Pineapple

Ground Turkey

4 Pizza Bites
Green Beans
Fresh Baby Carrots
Fresh Banana

7 Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Mixed Vegetables
Fresh Baby Carrots
Fresh Grapes

8 French Toast Slices
whole grain slices of French toast baked to perfection
Syrup
Turkey Sausage Patty
Sweet Potato Fries
Grape Tomatoes
Watermelon Cup

BRUNCH FOR LUNCH TODAY!

9 Meatball Hero
Caesar Salad
Steamed Carrots
Fresh Apple

served on WG Club Roll

10 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Brown Rice
Black Beans
Sweet Corn
Fresh Pear

Ground Beef

11 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese
Steamed Broccoli
Red Pepper Strips
Fresh Banana

14 Homemade Mac & Cheese
Whole Wheat Dinner Roll
Garden Salad
Steamed Peas
Pineapple

15 Crispy Chicken Sandwich
Oven Baked Fries
Green Pepper Slices
Strawberry Cup

Served on WG Bun

16 Stuffed Bread Sticks
Steamed Carrots
Celery
Applesauce
Sliced Oranges

17 Crispy Popcorn Chicken
crispy breaded chicken bites baked to perfection
Garbanzo Beans
Whole Wheat Dinner Roll
Sweet Potato Fries
Fresh Melon Cup
Cantaloupe

18 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese
Broccoli
Cucumber Coins
Fresh Banana

IT'S STUDENT APPRECIATION DAY

21 Baked Pasta with Cheese
French Bread
Steamed Carrots
Cucumber Coins
Sliced Oranges

22 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce
Steamed Peas
Grape Tomatoes
Brown Rice
Fresh Pear

23 Turkey Hot Dog on Bun
Crispy Tator Tots
Celery
Fresh Apple

Served on WG Hot Dog Roll

24 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Brown Rice
Sweet Corn
Black Beans
Fresh Grapes

Ground Turkey

25 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese
Fresh Baby Carrots
Green Beans
Fresh Banana

28 SUMMER MEAL SERVICES
Five Towns Community Cen
561. 239-6244ter
270 Lawrence Avenue,
Lawrence NY

29 Crispy Popcorn Chicken
Sweet Potato Fries
Grape Tomatoes
Diced Peach Cup

30 Pancakes & Sausage
Steamed Carrots
Celery
Watermelon Slices

BRUNCH FOR LUNCH TODAY!

31 Cheeseburger
burger topped with cheese on a freshly toasted bun
Or Burger
Crispy Tator Tots
Baked Beans
Fresh Banana
Served on WG Bun

SIMPLY ROOTED™
in food and family

We offer a variety of balanced choices to satisfy the needs of customers. This is because we are Simply Rooted™ in food and family and we care about our young customers. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.

Student Lunch \$2.75
Reduced Student \$0.25
Adult \$4.75 plus Tax

Prepay at your child's cafeteria, cash, check or money order
On-Line
www.scholarchip.com

Available Daily
4oz Yogurt Meal served with choice of Vegetable, Fruit 100% Juice, Whole Grain Bread, Yogurt Parfait with Fruit & Granola
American Cheese, Tuna Salad, Turkey or Ham Sandwich served on Whole Wheat Bread
Side Garden Salad, Garden Salad with Turkey/Ham, Grain,
American/Mozzarella Cheese All Meals served with Choice of Milk Fat Free or 1% White or Fat Free Flavored Milk

Questions call

VEGETARIAN FOODS MADE WITH NATURAL INGREDIENTS 100% PORK FREE VEGAN EAT MADE WITH ORGANIC INGREDIENTS

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.