

Health.e LIVING



Calallen ISD May 2017

InSeason!Cherries

Tart cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with herbs like sage, chives, and verbena; dairy products like sweet cream and ricotta cheese; and with meats like pork and beef especially when black pepper is added.



Announcements

Food Service Department
<http://www.calallen.org>



Summer Feeding Program

Calallen High School

June 5 – 16, 2017 (Mon.-Fri)
June 19 – 29, 2017 (Mon.-Thur)

Breakfast 7:30 – 8:00

Lunch 11:30 – 12:30

Magee Elementary

June 12 – August 4, 2017

(Monday.-Friday)

Breakfast 7:30 – 8:30

Lunch 11:30 – 12:30

Meal Prices

Breakfast

\$ 1.35

100% Juice/Fresh Fruits/Veggies
Assorted Cereal
Yogurt
Milk Variety

Lunch

PK- 5th - \$ 2.25

6th -12th - \$ 2.50

Fresh Fruits/Vegetables
Milk Variety

Menu subject to change due to availability.

MONDAY

French Toast Sticks **01**
Chicken Tenders
Steak Burger
Mashed Potatoes/Gravy
Steamed Carrot Coins
Whole Grain Roll
Rosey Applesauce

Pancake Wrap **08**
Oven Chicken
Steak Fingers
Mashed Potatoes/Gravy
Country Veggie Trio
Whole Grain Biscuit
Chilled Fruit Cocktail

Mini Pancakes **15**
Chicken Nuggets
Corn Dog
Scalloped Potatoes
Baked Beans
Whole Grain Roll
Rosey Pears

Pancake w/Sausage Link **22**
Chicken Tenders
Steak Fingers
Mashed Potatoes/Gravy
Green Beans
Whole Grain Biscuit
Apple Wedges

29



TUESDAY

Breakfast on Bun **02**
Tangerine Chicken/Fried Rice
Sausage Wrap
Steamed Broccoli
Mixed Veggies
Egg Roll/Fortune Cookie
Chilled Pears

French Toast Sticks **09**
Mini Corn Dogs
Pulled Pork Baked Potato
Broccoli & Cheese
Sliced Carrots
Whole Grain Roll
Banana Pudding

Cinni Minni **16**
Macaroni w/Meat Sauce
Pepperoni Hot Pocket
Tossed Salad
Steamed Broccoli
Cheesy Garlic Bread Stick
Chilled Pineapple

Pig-in-a-Blanket **23**
Sub Sandwich / Chips
Frito Pie
Sweet Tater Tots
Fresh Veggies w/Dip
Chocolate Banana Pudding

Pancake Sausage Bites **30**
Tangerine Chicken/Fried Rice
Sausage Wrap
Steamed Broccoli
Mixed Veggies
Egg Roll/Fortune Cookie
Chilled Pears

WEDNESDAY

Pancake Sausage Bites **03**
Pepperoni Pizza
Chicken Quesadilla
Cherry Tomatoes & Cucumbers / Dip
Tossed Salad
Watermelon Wedge

Eggs/Toast/Hash Brown **10**
Pepperoni Pizza
Chicken Burger
Fresh Veggies / Dip
Seasoned Corn
Chilled Pears

Cheesy Eggs/Hash Brown/Toast **17**
Pepperoni Pizza
BBQ on Bun
Baby Carrots/Dip
Seasoned Corn
Mandarin Oranges

Sausage Biscuit **24**
Pepperoni Pizza
Hot Dog
Seasoned Corn
Broccoli & Cheese
Chilled Fruit Cocktail

Breakfast Pizza **31**
Managers Choice

THURSDAY

Breakfast Pizza **04**
Beef Nachos w/Cheese
Beef & Bean Burrito
Spanish Rice
Pinto Beans
Tossed Salad
Fruited Jello

Sausage Biscuit **11**
Beef Enchiladas
Sausage Wrap
Spanish Rice
Refried Beans
Salad w/Cheese
Strawberry Cup

Breakfast Pizza **18**
Crispy Beef Tacos
Chicken Fajita Taco
Spanish Rice
Pinto Beans
Salad w/Cheese
Fruited Jello

Pancake Wrap **25**
Beef Tips
Chicken & Cheese Crispito
Rice & Refried Beans
Tossed Salad
Whole Grain Roll
Chilled Peaches

Assorted Muffins **1**
Managers Choice

FRIDAY

Mini Waffles **05**
Hamburger
Cheese Pizza
Tater Tots
Burger Salad
Orange Smiles

Assorted Pop-tart **12**
Cheese Burger
Chicken Tender Hoagie
Oven French Fries
Burger Salad
Chilled Peaches

Honey Bun **19**
Hamburger
Catfish Nuggets
Macaroni & Cheese
Tater Tots
Burger Salad
Chilled Peaches

Sausage & Egg Taco **26**
Cheese Burger
Chicken Burger
Oven French Fries
Burger Salad
Chilled Pears

Assorted Pop tart **2**
Sack Lunch
Early Release