



















LUNCH Meal Prices: **Elementary: \$2.30 Middle School: \$2.25 High School: \$2.25 Adult: \$3.00**

Week One— May 1-4		Monday	Tuesday	Wednesday	Thursday	Friday
	Entrée Choices		Beef Ravioli Cal: 250 Fat: 9g Protein: 9g Sodium: 720mg	Sloppy Joe w/ Bun Cal: 330 Fat: 11g Protein: 15g Carb: 42g	Lasagna Cal: 309 Fat: 13g Protein: 18g Sodium: 445mg	Meat Loaf Cal: 236 Fat: 1.5g Protein: 3g Sodium: 151mg
			Chicken Patty on Bun Cal: 350 Fat: 17g Protein: 16g Sodium: 620mg	Pizza Cal: 300 Fat: 11g Protein: 15g Sodium: 750mg	Cheeseburger on Bun Cal: 348 Fat: 18g Protein: 17g Sodium: 758mg	Pizza Cal: 300 Fat: 11g Protein: 15g Sodium: 660mg
	Side Item		Breadstick Cal: 120 Fat: 1g Protein: 5g Sodium: 250mg	Brownie Cal: 159 Fat: 6g Protein: 2g Sodium: 125mg		Dinner Roll Cal: 80 Fat: 2g Protein: 3g Sodium: 150mg
	Vegetable		Peas Cal: 75 Sodium: 214mg	Baked Beans Cal: 198 Sodium: 452mg	Potato Wedges Cal: 158 Sodium: 220mg	Baked Potato Cal: 134 Sodium: 8mg
	Fruit Selections	Apple Cal: 95 Fat: 0g	Banana Cal: 105 Fat: 0g	Fruit Cocktail Cal: 70 Fat: 0g	Grapes Cal: 55 Fat: 0g	Mandarin Oranges Cal: 90 Fat: 0g
		Melon Cal: 47 Fat: 0g	Orange Cal: 69 Fat: 0g	Peaches Cal: 70 Fat: 0g	Pears Cal: 60 Fat: 0g	Pineapple Cal: 80 Fat: 0g
	Salad Bar Offerings	Broccoli, Cauliflower Cal: 7 Fat: 0g	Carrots Cal: 13 Fat: 0g	Celery, Cucumbers Cal: 5 Fat: 0g	Mixed Lettuce Cal: 10 Fat: 0g	Tomatoes Cal: 8 Fat: 0g
		Shredded Cheese Cal: 110 Fat: 9g	Hard Cooked Egg Cal: 33 Fat: 2g	Pasta Salad Cal: 144 Fat: 3g	Potato Salad Cal: 102 Fat: 3g	Croutons Cal: 35 Fat: 2g
		Creamy Italian Cal: 120 Fat: 12g	Italian Cal: 120 Fat: 13g	French Cal: 110 Fat: 6g	Lite Ranch Cal: 70 Fat: 7g	Ranch Cal: 170 Fat: 18g
Salad Bar Offerings will vary day-to-day.						
	Milk	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g
		Skim Cal: 90 Fat: 0g Sugar: 12g	Skim Cal: 90 Fat: 0g Sugar: 12g	Skim Cal: 90 Fat: 0g Sugar: 12g	Skim Cal: 90 Fat: 0g Sugar: 12g	Skim Cal: 90 Fat: 0g Sugar: 12g
		Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g







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Week Two– May 7-11		Monday	Tuesday	Wednesday	Thursday	Friday
	Entrée Choices	Beef Taco Cal: 380 Fat: 23g Protein: 17g Sodium: 145mg	Italian Day	BBQ Rib Sandwich Cal: 290 Fat: 10g Protein: 16g Sodium: 670mg	Chicken Quesadilla Cal: 459 Fat: 20g Protein: 28g Sodium: 653mg	Hot Dog w/ Bun Cal: 297 Fat: 17g Protein: 11g Carb: 26g
		Pizza Cal: 300 Fat: 11g Protein: 15g Sodium: 660mg	Chicken Patty on Bun Cal: 350 Fat: 17g Protein: 16g Sodium: 620mg	Pizza Cal: 300 Fat: 11g Protein: 15g Sodium: 750mg	Cheeseburger on Bun Cal: 348 Fat: 18g Protein: 17g Sodium: 758mg	Pizza Cal: 300 Fat: 11g Protein: 15g Sodium: 660mg
	Side Item				Frosted Cake Cal: 224 Fat: 9g Protein: 4g Sodium: 98mg	Chips Cal: 150 Fat: 7g Protein: 2g Sodium: 90mg
	Vegetable	Peas Cal: 75 Sodium: 214mg	Green Beans Cal: 16 Sodium: 316mg	Baked Beans Cal: 198 Sodium: 452mg	Potato Wedges Cal: 158 Sodium: 220mg	Baked Beans Cal: 198 Sodium: 452mg
	Fruit Selections	Apple Cal: 95 Fat: 0g	Banana Cal: 105 Fat: 0g	Fruit Cocktail Cal: 70 Fat: 0g	Grapes Cal: 55 Fat: 0g	Mandarin Oranges Cal: 90 Fat: 0g
		Melon Cal: 47 Fat: 0g	Orange Cal: 69 Fat: 0g	Peaches Cal: 70 Fat: 0g	Pears Cal: 60 Fat: 0g	Pineapple Cal: 80 Fat: 0g
	Salad Bar Offerings	Broccoli, Cauliflower Cal: 7 Fat: 0g	Carrots Cal: 13 Fat: 0g	Celery, Cucumbers Cal: 5 Fat: 0g	Mixed Lettuce Cal: 10 Fat: 0g	Tomatoes Cal: 8 Fat: 0g
		Shredded Cheese Cal: 110 Fat: 9g	Hard Cooked Egg Cal: 33 Fat: 2g	Pasta Salad Cal: 144 Fat: 3g	Potato Salad Cal: 102 Fat: 3g	Croutons Cal: 35 Fat: 2g
		Creamy Italian Cal: 120 Fat: 12g	Italian Cal: 120 Fat: 13g	French Cal: 110 Fat: 6g	Lite Ranch Cal: 70 Fat: 7g	Ranch Cal: 170 Fat: 18g
Salad Bar Offerings will vary day-to-day.						
	Milk	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g Skim Cal: 90 Fat: 0g Sugar: 12g Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g Skim Cal: 90 Fat: 0g Sugar: 12g Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g Skim Cal: 90 Fat: 0g Sugar: 12g Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g Skim Cal: 90 Fat: 0g Sugar: 12g Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g Skim Cal: 90 Fat: 0g Sugar: 12g Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g

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Week Three– May 14-18		Monday	Tuesday	Wednesday	Thursday	Friday
	Entrée Choices	Chicken Nuggets Cal: 290 Fat: 20g Protein: 12g Sodium: 474mg	Nachos Grande Cal: 351 Fat: 21g Protein: 21g Sodium: 234mg	Grilled Cheese Sandwich Cal: 357 Fat: 22g Protein: 14g Sodium: 1323mg	Spaghetti w Meat Sauce Cal: 375 Fat: 13g Protein: 28g Sodium: 514mg	Corn Dog Cal: 260 Fat: 12g Protein: 10g Sodium: 390mg
		Pizza Cal: 300 Fat: 11g Protein: 15g Sodium: 750mg	Chicken Patty on Bun Cal: 350 Fat: 17g Protein: 16g Sodium: 620mg	Pizza Cal: 300 Fat: 11g Protein: 15g Sodium: 750mg	Cheeseburger on Bun Cal: 348 Fat: 18g Protein: 17g Sodium: 758mg	Pizza Cal: 300 Fat: 11g Protein: 15g Sodium: 660mg
	Side Item	Garlic Breadstick Cal: 129 Fat: 1g Protein: 5g Sodium: 250mg		Cookie Cal: 180 Fat: 8g Protein: 2g Sodium: 220mg		
	Vegetable	Corn Cal: 88 Sodium: 0mg	Peas Cal: 75 Sodium: 214mg	Soup Cal: 90 Sodium: 720mg	Potato Wedges Cal: 158 Sodium: 220mg	Carrots Cal: 30 Sodium: 52mg
	Fruit Selections	Apple Cal: 95 Fat: 0g Melon Cal: 47 Fat: 0g	Banana Cal: 105 Fat: 0g Orange Cal: 69 Fat: 0g	Fruit Cocktail Cal: 70 Fat: 0g Peaches Cal: 70 Fat: 0g	Grapes Cal: 55 Fat: 0g Pears Cal: 60 Fat: 0g	Mandarin Oranges Cal: 90 Fat: 0g Pineapple Cal: 80 Fat: 0g
	Salad Bar Offerings	Broccoli, Cauliflower Cal: 7 Fat: 0g Shredded Cheese Cal: 110 Fat: 9g Creamy Italian Cal: 120 Fat: 12g	Carrots Cal: 13 Fat: 0g Hard Cooked Egg Cal: 33 Fat: 2g Italian Cal: 120 Fat: 13g	Celery, Cucumbers Cal: 5 Fat: 0g Pasta Salad Cal: 144 Fat: 3g French Cal: 110 Fat: 6g	Mixed Lettuce Cal: 10 Fat: 0g Potato Salad Cal: 102 Fat: 3g Lite Ranch Cal: 70 Fat: 7g	Tomatoes Cal: 8 Fat: 0g Croutons Cal: 35 Fat: 2g Ranch Cal: 170 Fat: 18g
Salad Bar Offerings will vary day-to-day.						
	Milk	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g Skim Cal: 90 Fat: 0g Sugar: 12g Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g Skim Cal: 90 Fat: 0g Sugar: 12g Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g Skim Cal: 90 Fat: 0g Sugar: 12g Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g Skim Cal: 90 Fat: 0g Sugar: 12g Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g Skim Cal: 90 Fat: 0g Sugar: 12g Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g

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Week Four– May 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
 Entrée Choices	Baked Potato Bar Cal: 354 Fat: 14g Protein: 24g Sodium: 165mg	Pork Loin Roast Cal: 210 Fat: 13g Protein: 21g Sodium: 129mg	Goulash Cal: 351 Fat: 15g Protein: 27g Sodium: 594mg	Buffalo Chicken Wrap Cal: 399 Fat: 22g Protein: 18g Sodium: 784mg	BBQ Pulled Pork w/ Bun Cal: 290 Fat: 10g Protein: 16g Sodium: 670mg
	Pizza Cal: 300 Fat: 11g Protein: 15g Sodium: 750mg	Chicken Patty on Bun Cal: 350 Fat: 17g Protein: 16g Sodium: 620mg	Pizza Cal: 300 Fat: 11g Protein: 15g Sodium: 750mg	Cheeseburger on Bun Cal: 348 Fat: 18g Protein: 17g Sodium: 758mg	Pizza Cal: 300 Fat: 11g Protein: 15g Sodium: 660mg
 Side Item	Tortilla Chips Cal: 140 Fat: 7g Protein: 1g Sodium: 122mg	Dinner Roll Cal: 80 Fat: 2g Protein: 3g Sodium: 150mg	Breadstick Cal: 120 Fat: 1g Protein: 5g Sodium: 250mg		Chips Cal: 150 Fat: 7g Protein: 2g Sodium: 90mg
 Vegetable	Broccoli Cal: 13 Sodium: 10mg	Mashed Potatoes w/Gravy Cal: 133 Sodium: 330mg	Green Beans Cal: 16 Sodium: 316mg	Potato Wedges Cal: 158 Sodium: 220mg	Baked Beans Cal: 198 Sodium: 452mg
 Fruit Selections	Apple Cal: 95 Fat: 0g	Banana Cal: 105 Fat: 0g	Fruit Cocktail Cal: 70 Fat: 0g	Apple Crisp Cal: 188 Fat: 8g	Mandarin Oranges Cal: 90 Fat: 0g
	Melon Cal: 47 Fat: 0g	Orange Cal: 69 Fat: 0g	Peaches Cal: 70 Fat: 0g	Pears Cal: 60 Fat: 0g	Pineapple Cal: 80 Fat: 0g
 Salad Bar Offerings	Broccoli, Cauliflower Cal: 7 Fat: 0g	Carrots Cal: 13 Fat: 0g	Celery, Cucumbers Cal: 5 Fat: 0g	Mixed Lettuce Cal: 10 Fat: 0g	Tomatoes Cal: 8 Fat: 0g
	Shredded Cheese Cal: 110 Fat: 9g	Hard Cooked Egg Cal: 33 Fat: 2g	Pasta Salad Cal: 144 Fat: 3g	Potato Salad Cal: 102 Fat: 3g	Croutons Cal: 35 Fat: 2g
	Creamy Italian Cal: 120 Fat: 12g	Italian Cal: 120 Fat: 13g	French Cal: 110 Fat: 6g	Lite Ranch Cal: 70 Fat: 7g	Ranch Cal: 170 Fat: 18g
Salad Bar Offerings will vary day-to-day.					
 Milk	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g	1% Low Fat Cal: 110 Fat: 3g Sugar: 12g
	Skim Cal: 90 Fat: 0g Sugar: 12g	Skim Cal: 90 Fat: 0g Sugar: 12g	Skim Cal: 90 Fat: 0g Sugar: 12g	Skim Cal: 90 Fat: 0g Sugar: 12g	Skim Cal: 90 Fat: 0g Sugar: 12g
	Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g

LUNCH Meal Prices: Elementary: \$1.90 Middle School: \$2.05 High School: \$2.05 Adult: \$2.65

Week Five– May 28-31		Monday	Tuesday	Wednesday	Thursday	Friday	
	Entrée Choices	No School	Meat & Bean Burrito Cal: 317 Fat: 14g Protein: 19g Sodium: 477mg	Baked Chicken Cal: 240 Fat: 17g Protein: 22g Sodium: 80mg	Beef Stroganoff w/ Noodles Cal: 465 Fat: 18g Protein: 31g Sodium: 644mg		
			Chicken Patty on Bun Cal: 350 Fat: 17g Protein: 16g Sodium: 620mg	Pizza Cal: 300 Fat: 11g Protein: 15g Sodium: 750mg	Cheeseburger on Bun Cal: 348 Fat: 18g Protein: 17g Sodium: 758mg		
	Side Item			Dinner Roll Cal: 80 Fat: 2g Protein: 3g Sodium: 150mg			
	Vegetable		Corn Cal: 88 Sodium: 0mg	Mashed Potatoes w/Gravy Cal: 133 Sodium: 330mg	Potato Wedges Cal: 158 Sodium: 220mg		
	Fruit Selections	Apple Cal: 95 Fat: 0g	Banana Cal: 105 Fat: 0g	Fruit Cocktail Cal: 70 Fat: 0g	Grapes Cal: 55 Fat: 0g	Mandarin Oranges Cal: 90 Fat: 0g	
		Melon Cal: 47 Fat: 0g	Orange Cal: 69 Fat: 0g	Peaches Cal: 70 Fat: 0g	Pears Cal: 60 Fat: 0g	Pineapple Cal: 80 Fat: 0g	
	Salad Bar Offerings	Broccoli, Cauliflower Cal: 7 Fat: 0g	Carrots Cal: 13 Fat: 0g	Celery, Cucumbers Cal: 5 Fat: 0g	Mixed Lettuce Cal: 10 Fat: 0g	Tomatoes Cal: 8 Fat: 0g	
		Shredded Cheese Cal: 110 Fat: 9g	Hard Cooked Egg Cal: 33 Fat: 2g	Pasta Salad Cal: 144 Fat: 3g	Potato Salad Cal: 102 Fat: 3g	Croutons Cal: 35 Fat: 2g	
		Creamy Italian Cal: 120 Fat: 12g	Italian Cal: 120 Fat: 13g	French Cal: 110 Fat: 6g	Lite Ranch Cal: 70 Fat: 7g	Ranch Cal: 170 Fat: 18g	
Salad Bar Offerings will vary day-to-day.							
	Milk	1% Low Fat Skim Cal: 110 Fat: 3g Sugar: 12g	1% Low Fat Skim Cal: 110 Fat: 3g Sugar: 12g	1% Low Fat Skim Cal: 110 Fat: 3g Sugar: 12g	1% Low Fat Skim Cal: 110 Fat: 3g Sugar: 12g	1% Low Fat Skim Cal: 110 Fat: 3g Sugar: 12g	
		Skim Chocolate Cal: 90 Fat: 0g Sugar: 12g	Skim Chocolate Cal: 90 Fat: 0g Sugar: 12g	Skim Chocolate Cal: 90 Fat: 0g Sugar: 12g	Skim Chocolate Cal: 90 Fat: 0g Sugar: 12g	Skim Chocolate Cal: 90 Fat: 0g Sugar: 12g	
		Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	Skim Chocolate Cal: 130 Fat: 0g Sugar: 23g	