

# May 2018

## Fayetteville Middle School

### LUNCH



**A complete lunch MUST consist of at least 3 separate items offered that day, from at least 3 of the 5 food components. One of which MUST be fruit or veggie.**



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

\*\* USDA is an equal opportunity employer & provider \*\*



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1

Philly Cheesesteak  
Or  
Chicken Fajita  
Baked Potato  
Green Beans  
Cheese Cup  
Applesauce Cups

2  
Chicken Sliders w/bun  
Or  
Mini Corn Dogs  
Tater Wedges  
Baked Beans  
Peaches

3  
Popcorn Chicken  
Or  
Beef Teriyaki Bites w/Roll  
Coleslaw  
Mac & Cheese  
Carrots  
Mixed Fruit

4  
Cheeseburger  
Or  
Quesadilla  
Tater Tots  
Veggie Tray  
SideKick Fruit Slush

7  
Salisbury Steak w/Gravy  
Or  
Meatballs  
Roll  
Scalloped Potatoes  
Green Beans  
Fruity Jello

8  
Philly Cheesesteak Sub  
Or  
Turkey Sub  
Baby Spinach  
Sliced Tomatoes  
Coleslaw  
Chips  
Pineapple

9  
Chicken Patty  
Or  
Steak Patty  
Eggs  
Biscuit  
Tater Tots  
Tomato Wedges  
Applesauce

10  
Pizza  
Or  
Chicken  
Side Salad  
Baby Carrots  
Pears

11  
Beef Teriyaki Bites  
Or  
Pork Chop  
Pinto Beans  
Buttered Corn  
Roll  
Peaches

14  
Chicken Slider w/Bun  
Or  
Hamburger  
French Fries  
Veggie Tray  
SideKick Fruit Slush

15  
**Tiger  
Break Out  
Day**

16  
Meatloaf  
Or  
Salisbury Steak  
Cornbread  
Mashed Potatoes  
Green Beans  
Pears

17  
Chicken Fajita w/Wrap  
Or  
Burrito  
Salsa  
Mexican Con  
Mixed Fruit

18  
Spaghetti  
Or  
Cheese Quesadilla  
Side Salad  
Garlic Twist Breadstick  
Applesauce Cups

21  
Popcorn Chicken  
Or  
Mini Corn Dogs  
Tater Wedges  
Baby Carrots w/Dip  
Pineapple

22  
Ham & Cheese Sub  
Or  
Turkey & Cheese Sub  
Veggie Tray  
Chips  
SideKick Fruit Slush

23  
Half  
Day

24

25

28  
\*\* Manager reserves the right to change menu due to end of year inventory use.\*\*

29

30  
**School's Out  
For Summer!!!**

31

