

May 2018

CHAPIN ST., EAST ST. & VETERAN'S PARK SCHOOLS

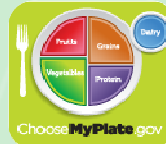
LUNCH



School Information: Lunch Price: \$2.75

Menu Subject to change

"USDA is an equal opportunity provider and employer"



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.



Monday

ALTERNATE LUNCHES

Week 1: Hamburger
Week 2: Grilled Cheese
Week 3: Turkey Wrap
Week 4: Teriyaki Chicken Wrap
Week 5: Grilled Cheese

Tuesday

Turkey & Cheese Wrap **1**
Cape Cod Chips
Seasoned Green Beans
Strawberries in a Cloud

Wednesday

Lasagna w/Meat Sauce **2**
Side Salad w/Dressing
Garlic Bread
Farm Fresh Fruit

Thursday

General TSO's Chicken **3**
Sweet Potato Fries
Baby Carrots
Applesauce Cup

Friday

Stuffed Crust Pizza **4**
Three Bean Salad
Farm Fresh Fruit

Hot Dog on a WW Roll **7**
Potato Rounds
Baby Carrots
Farm Fresh Fruit

Taco Tuesday **8**
Hard or Soft Shell w/Lettuce,
Tomato, Sour Cream, Salsa &
Cheese, Seasoned Rice, Peas
Blueberries in a Cloud

Hamburg & Gravy **9**
Farm Fresh Mashed Potatoes
Sweet Corn
WW Dinner Roll
Farm Fresh Fruit

Vegetable Noodle Soup **10**
Sloppy Joe on a WW Roll
Cape Cod Chips
Onions & Peppers
Watermelon Chunks

Homemade Pizza **11**
Cheese or Pepperoni
Side Salad w/Dressing
Apple Crisp w/Topping

Chicken Noodle Soup **14**
Fish Sticks w/Tartar Sauce
Potato Wedges
Cole Slaw
Farm Fresh Fruit

BBQ Rib-B-Que Sandwich **15**
Seasoned Noodles
Sweet Carrots
Apple Slices w/Cinnamon

Spaghetti w/Meat Sauce **16**
Garlic Bread
Seasoned Green Beans
Chilled Peaches

Chicken Fajita w/Lettuce, **17**
Salsa & Sour Cream
Seasoned Rice
Onion & Peppers
Sliced Apples w/Cinnamon

Cheese or Pepperoni **18**
Pizza
Broccoli w/Nacho Cheese
Sauce
Farm Fresh Fruit

Breakfast for Lunch **21**
Pancakes w/Syrup and
Blueberries, Hashbrown
Sausage Patty
Farm Fresh Fruit

Totally Taco Max Snax **22**
w/Salsa & Sour Cream
Seasoned Rice
Sweet Peas
Fruit Cup

Baked Chicken **23**
Oven Roasted Potatoes
WW Dinner Roll
Seasoned Carrots
Fruit Cup

Bacon Cheeseburger on **24**
a WW Roll
Oven Baked Fries
Onions & Peppers
Watermelon Chunks

Mozzarella Sticks **25**
Potato Rounds
Chicken Nuggets
Side Salad w/Dressing
Farm Fresh Fruit

28
Memorial Day
No School

Tomato Noodle Soup **29**
Toasted Ham & Cheese
Sandwich, Cape Cod Chips
Cucumber Slices w/Dip
Farm Fresh Fruit

Meatball Grinder **30**
w/Mozzarella Cheese &
Sauce, Oven Baked Fries
Sweet Corn
Farm Fresh Fruit

Chicken Nuggets **31**
w/Dipping Sauce
Seasoned Noodles
Seasoned Carrots
Farm Fresh Fruit

*Earn extra money part-time.
Work as a substitute
in our School Lunch
Department
www.schoolspring.com*