

# May

**April 29th - May 24th**

Week #1: 29th - 3rd

Week #2: 6th - 10th

Week #3: 13th - 17th

Week #4: 20th - 24th

## KG - 3rd Grade Food Court Menu

Choose **THREE OR MORE COLORS** for a complete meal. One must be **RED** or **GREEN**.

meat/meat alternative	grain	vegetable	fruit*	milk

### Hot Entrees

Choose from several fruit and veggie choices daily



#### Cheesy Stuffed Breadsticks are BACK!

Comes with a marinara cup, perfect for dipping!



Comes with garlic toast and a ranch cup, perfect for dipping!


### Cold Entrees

Choose from several fruit and veggie choices daily

#### SWEET APPLE CHICKEN SALAD

Grilled chicken breast, romaine, carrots, apples, tomato, grapes, shredded cheddar cheese w/ a Gold Fish snack


Grab a milk for all 5 food groups!

#### Charcuterie Box

Fresh apple slices, peanut butter, carrot dippers with ranch, fresh grapes, ritz crackers, deli meat to include ham and provolone cheese.


Grab a milk for all 5 food groups!



#### PEANUT BUTTER & JELLY






#### Garden Salad




#### Ham & Cheese Sandwich



**GRAB & GO**  
ALWAYS FAST - ALWAYS FRESH


### Weekly Special

Choose from several fruit and veggie choices daily



#### Grilled CHEESE Sandwich

~ GRILLED ORANGE CHEESE ~

Week #1


#### French Toast Breakfast Platter

comes w/a chicken sausage patty, tator tots, syrup and ketchup packet



Week #2


#### PULLED PORK SANDWICH

w/tator tots

Week #3


#### CHICKEN & WAFFLES

OVEN BAKED CHICKEN TENDERS, WAFFLES SERVED W/SYRUP



Week #4


Students can choose 1% white milk -or- non-fat chocolate milk (1 cup eq)

\*Some whole fruits count as TWO 1/2 cup servings. For example an average sized apple would be considered TWO 1/2 cup servings in and of itself. At least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A food component is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk\*

A food item is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three food components are selected out of the five food-items offered.

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This institution is an equal opportunity provider.

### What Makes A LUNCH

**SELECT 3-5 ITEMS:**

	<b>GRAINS</b>	
<b>PROTEIN</b>		
<b>VEGGIE</b>	<b>FRUIT</b>	

one must be a

**FRUIT** or **VEGGIE**