

# FOOD FUN

2017

# May

INDIAN HILL ELEMENTARY SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>1</b> Cheese Quesadilla Chicken Patty Sandwich Ham Chef Salad w/ Dinner Roll Turkey and Cheese Wrap Sides: French Fries, Fresh Broccoli, Garden Salad, Fresh Apple Wedges, Pineapple Tidbits, Fruit Juice, Milk</p>	<p><b>2</b> Chicken Mashed Potato Bowl w/ Dinner Roll Hamburger or Cheeseburger Italian Salad w/ Ham &amp; Dinner Roll Ham and Cheese Sandwich Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Mixed Fruit, Grape Juice, Milk</p>	<p><b>3</b> Beef Nachos Chicken Nuggets w/ Breadstick Breaded Chicken Caesar Salad Deli Chicken and Cheese Sandwich Sides: Cinnamon Sweet Potatoes, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Apple Juice, Milk</p>	<p><b>4</b> Ranch Chicken Flatbread Hot Dog on a Bun. Turkey Chef Salad w/ Dinner Roll Turkey and Cheese Sandwich Sides: Vegetarian Baked Beans, Celery Sticks, Garden Salad, Fresh Cantaloupe, Applesauce, Orange Juice, Milk</p>	<p><b>5</b> Pepperoni or Cheese Pizza Grilled Cheese w/ Tomato Soup All American Salad w/ Dinner Roll Ham &amp; Cheese Wrap Sides: Steamed Spinach, Baby Carrots, Garden Salad, Fresh Mixed Fruit, Diced Peaches, Assorted Juice, Milk</p>	<p><b>More Info...</b> <b>LUNCH \$3.10</b> A lunch consists of 5 components: 1 meat/meat alternate (protein) 1 Grain 1 Vegetable 1 Fruit 1 Milk</p> <p>All main lunch items meet the meat/meat alternate and grain requirement which counts as 2 components.</p> <p>STUDENTS MUST TAKE AT LEAST 3 of 5 components and 1 <u>MUST BE A FRUIT OR VEGETABLE FOR IT TO BE A LUNCH, OTHERWISE IT MUST BE CHARGED A LA CARTE.</u></p> <p>The following are available for purchase a la carte:</p> <p>Extra Entrée \$3.10 Extra Fruit \$.90 Extra Vegetable \$.90 Small Water \$.65 Milk \$.65</p> <p>Our lunches focus on nutrient dense whole grain breads, buns, and rolls.</p>
<p><b>8</b> Pancakes w/ Syrup &amp; Sausage Patty Chicken Patty Sandwich Ham Chef Salad w/ Dinner Roll Turkey and Cheese Wrap Sides: Sweet Golden Corn, Fresh Cherry Tomatoes, Garden Salad, Fresh Apple Wedges, Pineapple Tidbits, Fruit Juice, Milk</p>	<p><b>9</b> Corn Dog Hamburger or Cheeseburger Italian Salad w/ Ham &amp; Dinner Roll Ham and Cheese Sandwich Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Mixed Fruit, Grape Juice, Milk</p>	<p><b>10</b> Cheese Calzone Chicken Nuggets w/ Breadstick Breaded Chicken Caesar Salad Deli Chicken and Cheese Sandwich Sides: Campfire Beans, Celery Sticks, Garden Salad, Fresh Banana, Diced Pears, Apple Juice, Milk</p>	<p><b>11</b> Beef or Chicken Philly Hot Dog on a Bun. Turkey Chef Salad w/ Dinner Roll Turkey and Cheese Sandwich Sides: Steamed Zucchini, Baby Carrots, Garden Salad, Fresh Cantaloupe, Applesauce, Orange Juice, Milk</p>	<p><b>12</b> Pepperoni or Cheese Pizza Grilled Turkey &amp; Cheese Sandwich All American Salad w/ Dinner Roll Ham &amp; Cheese Wrap Sides: Steamed Broccoli, Red Pepper Strips, Garden Salad, Fresh Mixed Fruit, Diced Peaches, Assorted Juice, Milk</p>	
<p><b>15</b> Meatloaf w/ Brown Gravy &amp; Dinner Roll Chicken Patty Sandwich Ham Chef Salad w/ Dinner Roll Turkey and Cheese Wrap Sides: Mashed Potatoes, Fresh Broccoli, Garden Salad, Fresh Apple Wedges, Pineapple Tidbits, Fruit Juice, Milk</p>	<p><b>16</b> Rotini w/ Meat Sauce Hamburger or Cheeseburger Italian Salad w/ Ham &amp; Dinner Roll Ham and Cheese Sandwich Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Mixed Fruit, Grape Juice, Milk</p>	<p><b>17</b> Broccoli &amp; Cheese Baked Potato Chicken Nuggets w/ Breadstick Breaded Chicken Caesar Salad Deli Chicken and Cheese Sandwich Sides: Steamed Carrots, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Apple Juice, Milk</p>	<p><b>18</b> Chicken Taco w/ Mexican Spiced Rice Hot Dog on a Bun. Turkey Chef Salad w/ Dinner Roll Turkey and Cheese Sandwich Sides: Vegetarian Baked Beans, Celery Sticks, Garden Salad, Fresh Cantaloupe, Applesauce, Orange Juice, Milk</p>	<p><b>19</b> Pepperoni or Cheese Pizza Grilled Cheese w/ Tomato Soup All American Salad w/ Dinner Roll Ham &amp; Cheese Wrap Sides: Steamed Spinach, Baby Carrots, Garden Salad, Fresh Mixed Fruit, Fresh Diced Peaches, Assorted Juice, Milk</p>	
<p><b>22</b> Meatball Pizza Sub Chicken Patty Sandwich Ham Chef Salad w/ Dinner Roll Turkey and Cheese Wrap Sides: Mashed Potatoes, Fresh Tomato Wedges, Garden Salad, Fresh Apple Wedges, Pineapple Tidbits, Fruit Juice, Milk</p>	<p><b>23</b> Chicken Mashed Potato Bowl w/ Dinner Roll Hamburger or Cheeseburger Italian Salad w/ Ham &amp; Dinner Roll Ham and Cheese Sandwich Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Mixed Fruit, Grape Juice, Milk</p>	<p><b>24</b> Cheesy Baked Penne Chicken Nuggets w/ Breadstick Breaded Chicken Caesar Salad Deli Chicken and Cheese Sandwich Sides: Steamed Zucchini, Celery Sticks, Garden Salad, Fresh Banana, Diced Pears, Apple Juice, Milk</p>	<p><b>25</b> French Toast Sticks w/ Syrup &amp; Sausage Hot Dog on a Bun. Turkey Chef Salad w/ Dinner Roll Turkey and Cheese Sandwich Sides: Campfire Beans, Baby Carrots, Garden Salad, Fresh Cantaloupe, Applesauce, Orange Juice, Milk</p>		

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



## Available Daily...

Peanut Butter & Jelly Sandwich  
Yogurt Boat (4 oz. Yogurt, String Cheese, Goldfish Crackers)  
Variety of Fruit  
Variety of Vegetables  
Variety of 1% and Skim Milk

Menus are subject to change without notice.

