

# FOOD FUN

2018

# May

INDIAN HILL PRIMARY SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>1</b> Cheeseburger Rolletto Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Diced Peaches, Apple Juice, Milk	<b>2</b> Orange Popcorn Chicken w/ Broccoli & WG Rice Hot Dog on a Bun Breaded Chicken Caesar Salad w/ Dinner Roll Sides: Steamed Carrots, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Grape Juice, Milk	<b>3</b> French Toast Sticks w/ Syrup & Sausage Patty Chicken Patty Sandwich Turkey Chef Salad w/ Dinner Roll Sides: Black Charro Beans, Celery Sticks, Garden Salad, Fresh Strawberries, Applesauce, Orange Juice, Milk	<b>4</b> Pepperoni or Cheese Pizza Grilled Cheese w/ Tomato Soup All American Salad w/ Dinner Roll Sides: Steamed Spinach, Baby Carrots, Garden Salad, Fresh Mixed Fruit, Fresh Pineapple Tidbits, Assorted Juice, Milk	<p><b>More Info...</b> <b>LUNCH \$3.10</b> A lunch consists of 5 components: <b>1 meat/meat alternate (protein)</b> <b>1 Grain</b> <b>1 Vegetable</b> <b>1 Fruit</b> <b>1 Milk</b></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 <u>a la carte:</u></p> <p>Extra Entrée \$3.10 Extra Fruit \$ .80 Extra Vegetable \$ .80 Small Water \$ .65 Milk \$ .55</p> <p>Our lunches focus on nutrient dense whole grain breads, buns, and rolls.</p>
<b>7</b> Salisbury Steak w/ Parsley Egg Noodles & Brown Gravy Chicken Nuggets w/ Pretzel Ham Chef Salad w/ Dinner Roll Sides: Green Beans, Fresh Broccoli, Garden Salad, Fresh Apple Wedges, Mixed Fruit, Fruit Juice, Milk	<b>8</b> Chicken Mashed Potato Bowl w/ Pretzel Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Sides: Steamed Carrots, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Diced Peaches, Apple Juice, Milk	<b>9</b> Chili Mac Hot Dog on a Bun Breaded Chicken Caesar Salad w/ Dinner Roll Sides: Steamed Zucchini, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Grape Juice, Milk	<b>10</b> Mini Corn Dogs Chicken Patty Sandwich Turkey Chef Salad w/ Dinner Roll Sides: Kickin' Pinto Beans, Celery Sticks, Garden Salad, Fresh Strawberries, Applesauce, Orange Juice, Milk	<b>11</b> Pepperoni or Cheese Pizza Grilled Cheese w/ Tomato Soup All American Salad w/ Dinner Roll Sides: Steamed Broccoli, Baby Carrots, Garden Salad, Fresh Mixed Fruit, Fresh Pineapple Tidbits, Assorted Juice, Milk	
<b>14</b> Pancakes w/ Syrup & Sausage Patty Chicken Nuggets w/ Pretzel Ham Chef Salad w/ Dinner Roll Sides: Tater Bites, Fresh Broccoli, Garden Salad, Fresh Apple Wedges, Mixed Fruit, Fruit Juice, Milk	<b>15</b> Fish Sticks w/ Mac n' Cheese Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Diced Peaches, Apple Juice, Milk	<b>16</b> Chicken Tenders w/ Pretzel Rod Hot Dog on a Bun Breaded Chicken Caesar Salad w/ Dinner Roll Sides: Steamed Carrots, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Grape Juice, Milk	<b>17</b> Max Pizza Sticks w/ Marinara Chicken Patty Sandwich Turkey Chef Salad w/ Dinner Roll Sides: Black Beans, Celery Sticks, Garden Salad, Fresh Strawberries, Applesauce, Orange Juice, Milk	<b>18</b> Pepperoni or Cheese Pizza Grilled Cheese w/ Tomato Soup All American Salad w/ Dinner Roll Sides: Steamed Spinach, Baby Carrots, Garden Salad, Fresh Mixed Fruit, Fresh Pineapple Tidbits, Assorted Juice, Milk	
<b>21</b> Cheese Quesadilla Chicken Nuggets w/ Pretzel Ham Chef Salad w/ Dinner Roll Sides: Mashed Potatoes, Fresh Broccoli, Garden Salad, Fresh Apple Wedges, Mixed Fruit, Fruit Juice, Milk	<b>22</b> Rotini w/ Meat Sauce & Breadstick Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Diced Peaches, Apple Juice, Milk	<b>23</b> Broccoli & Cheese Baked Potato w/ Pretzel Hot Dog on a Bun Breaded Chicken Caesar Salad w/ Dinner Roll Sides: Steamed Carrots, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Grape Juice, Milk	<b>24</b> Beef & Bean Rice Bowl Chicken Patty Sandwich Turkey Chef Salad w/ Dinner Roll Sides: Vegetarian Baked Beans, Celery Sticks, Garden Salad, Fresh Strawberries, Applesauce, Orange Juice, Milk	<b>25</b> Pepperoni or Cheese Pizza Grilled Cheese w/ Tomato Soup All American Salad w/ Dinner Roll Sides: Steamed Spinach, Baby Carrots, Garden Salad, Fresh Mixed Fruit, Fresh Pineapple Tidbits, Assorted Juice, Milk	
<b>28</b> <b>Memorial Day</b> <b>No school</b>	<b>29</b> Chicken Mashed Potato Bowl w/ Pretzel Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Sides: Steamed Zucchini, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Diced Peaches, Apple Juice, Milk	<b>30</b> Cheesy Baked Penne Hot Dog on a Bun Breaded Chicken Caesar Salad w/ Dinner Roll Sides: Steamed Carrots, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Grape Juice, Milk	<b>31</b> Tater Bite Chicken Nachos w/ Tortilla Chips Chicken Patty Sandwich Turkey Chef Salad w/ Dinner Roll Sides: Campfire Chipotle Beans, Celery Sticks, Garden Salad, Fresh Strawberries, Applesauce, Orange Juice, Milk		

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## Available Daily...

SunButter & Jelly Sandwich  
Yogurt Boat (4 oz. Yogurt, String Cheese, Muffin)  
Variety of Fruit  
Variety of Vegetables  
Variety of 1% and Skim Milk

Menus are subject to change without notice.

