

FOOD FUN

2017

May

INDIAN HILL PRIMARY SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>More Info... LUNCH \$3.10 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 MUST BE A FRUIT OR VEGETABLE FOR IT TO BE A LUNCH, OTHERWISE IT MUST BE CHARGED A LA CARTE.</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>1 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>2 Chicken Mashed Potato Bowl w/ Dinner Roll Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Ham and Cheese Sandwich Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Mixed Fruit, Grape Juice, Milk</p>	<p>3 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>4 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>5 Pepperoni or Cheese Pizza Grilled Cheese w/ Tomato Soup All American Salad w/ Dinner Roll Ham & Cheese Wrap Sides: Steamed Spinach, Baby Carrots, Garden Salad, Fresh Mixed Fruit, Diced Peaches, Assorted Juice, Milk</p>	
<p>8 Pancakes w/ Syrup & 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>9 Corn Dog Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Ham and Cheese Sandwich Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Mixed Fruit, Grape Juice, Milk</p>	<p>10 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>11 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>12 Pepperoni or Cheese Pizza Grilled Turkey & Cheese Sandwich All American Salad w/ Dinner Roll Ham & Cheese Wrap Sides: Steamed Broccoli, Red Pepper Strips, Garden Salad, Fresh Mixed Fruit, Diced Peaches, Assorted Juice, Milk</p>	
<p>15 Meatloaf w/ Brown Gravy & 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>16 Rotini w/ Meat Sauce Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Ham and Cheese Sandwich Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Mixed Fruit, Grape Juice, Milk</p>	<p>17 Broccoli & 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>18 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>19 Pepperoni or Cheese Pizza Grilled Cheese w/ Tomato Soup All American Salad w/ Dinner Roll Ham & Cheese Wrap Sides: Steamed Spinach, Baby Carrots, Garden Salad, Fresh Mixed Fruit, Fresh Diced Peaches, Assorted Juice, Milk</p>	
<p>22 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>23 Chicken Mashed Potato Bowl w/ Dinner Roll Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Ham and Cheese Sandwich Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Mixed Fruit, Grape Juice, Milk</p>	<p>24 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>25 French Toast Sticks w/ Syrup & 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>		

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Available Daily...

- Sun 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.

