



May 2023 9-12 Lunch Menu

1 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Ketchup 3 Baked Fries (3/4s) 21 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 630 so=1030	2 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 33 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 648 so=1140	3 WG Chicken Patty & WG Bun (2m,2.75wg) 38 Celery Sticks (3/4o) 7 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=600 so=1125	4 Meatball Sub (1.5m, 1/4r, 1.5wg) 32 Ranch 6 Carrot Sticks (1/2r) 0 Bear Crackers (1wg) 21 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 607 so=1151	5 Cheese Pizza (2m, 2wg) 27 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Apple (1/2c) 25 Choc/White Milk (1c) 24/13 ca= 626 so=810
8 Corn dog (2m, 2wg) 30 Green Beans (3/4s) 5 Cheez-Its (1wg) 14 Ketchup 3 Whole Apple (1/2c) 25 Choc/White Milk (1c) 24/13 ca= 612 so=912	9 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 20 Refried Beans (3/4l) 38 Cheddar Cheese (1oz) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=1161	10 WG Chicken Nuggets – 5 (2m, 1wg) 13 Ketchup 3 Bear Crackers (1wg) 21 Baked Fries (3/4s) 21 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=755	11 Spaghetti & Meatballs - 7 (1.5m, 1/4r) 12 Roll (1wg) 16 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 24/13 ca= 600 so=985	12 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 612 so=1172
15 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 33 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 648 so=1140	16 Sloppy Joe & WG Bun (2m, 1.75wg, 1/4r) WG 32 Carrot Sticks (1/2r) 0 WG Sport Crackers 20 Whole Apple (1/2c) 25 Choc/White Milk (1c) 24/13 ca= 625 so=830	17 WG Chicken Patty & WG Bun (2m,2.75wg) 38 Celery Sticks (3/4o) 7 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=600 so=1125	18 BBQ Beef Rib & WG Bun (2m, 1.5wg) 33 Ketchup 3 Baked Fries (3/4s) 21 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=1045	19 Cheese Pizza (2m, 2wg) 27 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Apple (1/2c) 25 Choc/White Milk (1c) 24/13 ca= 626 so=810
22 WG Cheese Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Green Beans (3/4o) 5 Bear Crackers (1wg) 21 Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=612 so=1027	23 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 20 Refried Beans (3/4l) 38 Cheddar Cheese (1oz) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=1161	24 WG Chicken Nuggets - 5 (2m, 1wg) 13 Ketchup 3 Corn (3/4s) 20 Bear Crackers (1wg) 21 Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=620 so=770	25 Meatball Sub (1.5m, 1/4r, 1.5wg) 32 Ranch 6 Carrot Sticks (1/2r) 0 Bear Crackers (1wg) 21 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 607 so=1151	26 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 612 so=1172
29 Holiday	30 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 33 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 648 so=1140	31 WG Chicken Patty & WG Bun (2m,2.75wg) 38 Celery Sticks (3/4o) 7 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=600 so=1125	<i>Carbs listed for each item in blue font. Fresh fruits and vegetables may vary due to availability. Please check with your lunch server daily. Salad entrée option every day, served with juice and milk</i>	

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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