

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
|  |   | 1 Breakfast Pizza<br>Fruit & Yogurt Parfait<br>100% Fruit Juice<br>Seasonal Fresh Fruit  | 2 Chicken Biscuit<br>Assorted Bagels<br>100% Fruit Juice<br>Seasonal Fresh Fruit  | 3 Cinnamon Roll<br>Strawberry Smoothies<br>100% Fruit Juice<br>Seasonal Fresh Fruit  |
| 6 Sausage Biscuit & Gravy<br>Strawberry Smoothies<br>100% Fruit Juice<br>Seasonal Fresh Fruit  | 7 Bacon Egg & Cheese<br>Waffle Sandwich<br>Assorted Bagels<br>100% Fruit Juice<br>Seasonal Fresh Fruit  | 8 Breakfast Pizza<br>Fruit & Yogurt Parfait<br>100% Fruit Juice<br>Seasonal Fresh Fruit  | 9 Chicken Biscuit<br>Assorted Bagels<br>100% Fruit Juice<br>Seasonal Fresh Fruit  | 10 Cinnamon Roll<br>Strawberry Smoothies<br>100% Fruit Juice<br>Seasonal Fresh Fruit |
| 13 Sausage Biscuit & Gravy<br>Strawberry Smoothies<br>100% Fruit Juice<br>Seasonal Fresh Fruit | 14 Bacon Egg & Cheese<br>Waffle Sandwich<br>Assorted Bagels<br>100% Fruit Juice<br>Seasonal Fresh Fruit | 15 Breakfast Pizza<br>Fruit & Yogurt Parfait<br>100% Fruit Juice<br>Seasonal Fresh Fruit | 16 Chicken Biscuit<br>Assorted Bagels<br>100% Fruit Juice<br>Seasonal Fresh Fruit | 17 Cinnamon Roll<br>Strawberry Smoothies<br>100% Fruit Juice<br>Seasonal Fresh Fruit |
| 20 Sausage Biscuit & Gravy<br>Strawberry Smoothies<br>100% Fruit Juice<br>Seasonal Fresh Fruit | 21 Bacon Egg & Cheese<br>Waffle Sandwich<br>Assorted Bagels<br>100% Fruit Juice<br>Seasonal Fresh Fruit | 22 Breakfast Pizza<br>Fruit & Yogurt Parfait<br>100% Fruit Juice<br>Seasonal Fresh Fruit | 23 Chicken Biscuit<br>Assorted Bagels<br>100% Fruit Juice<br>Seasonal Fresh Fruit | 24 Cinnamon Roll<br>Strawberry Smoothies<br>100% Fruit Juice<br>Seasonal Fresh Fruit |
|  |   |  |   |  |

\*1% White Milk or Flavored Skim Milk Available Daily. Whole Grain Strawberry, Chocolate or Cinnamon Pop Tarts are available daily.

**KEY TO ABBREVIATIONS**

**G = Whole Grain**

**g = Grams of Carbohydrates**

Meat/Meat alternatives are listed in bold type • Menu is subject to change due to availability of food items.

Seasonal fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).

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# Lunch Menu for Metcalfe Middle

# May 2019

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
|  |  | <b>1</b> <b>Pepperoni Calzone (35g) G</b><br>Baked Potato Bar<br>Baked Chips (21g)<br>Side Salad (1g)<br>Fresh Veggies<br>Mandarin Oranges         | <b>2</b> <b>Extreme Nachos (29g)</b><br>Salad Bar<br>Side Salad w/ Dressing (10g)<br>Chips & Salsa (20g)<br>Refried Beans (29g)<br>Fresh Veggies<br>Sliced Peaches         | <b>3</b> <b>Chili Dog</b><br>Hamburger w/ Bun<br>Tater Tots<br>Baked Beans<br>Fresh Veggies<br>Fresh Fruit                |
| <b>6</b> <b>Chicken &amp; Waffles</b><br>Deli Sandwich<br>French Fries<br>Fresh Veggies<br>Fresh Fruit<br>Cake w/ Icing  | <b>7</b> <b>Pepperoni Calzone (35g) G</b><br><b>Hot Ham &amp; Cheese (28g)</b><br>Baked Chips (19g) G<br>Fudge Round<br>Fruit Selections                   | <b>8</b> <b>Hamburger w/ Bun (23g) G</b><br><b>Sub Sandwiches (33g) G</b><br>Baked Chips (19g)<br>Rice Krispy Square<br>Fruit Selections           | <b>9</b> <b>Chicken Fillet w/ Bun (36g)</b><br><b>Pork BBQ w/ Bun (34g) G</b><br>Baked Chips (19g)<br>Ice Cream Cup<br>Fruit Selections                                    | <b>10</b> <b>Cheesy Breadsticks</b><br>Sandwich Bar<br>Baked Chips (19g)<br>Oatmeal Cream Pie<br>Fruit Selections         |
| <b>13</b> <b>Pizza</b><br><b>Hamburger w/ Bun</b><br>Baked Chips (19g)<br>Side Salad w/ Dressing (10g)<br>Fresh Veggies<br>Mandarin Oranges                                      | <b>14</b> <b>Roasted BBQ Chicken</b><br><b>Deli Sandwiches (33g)</b><br>Ranch Potatoes (19g)<br>Corn on the Cob (18g)<br>Fresh Veggies<br>Mandarin Oranges | <b>15</b> <b>Beef &amp; Cheddar</b><br><b>Pork BBQ w/ Bun</b><br>Tater Tots<br>Baked Beans<br>Fresh Veggies<br>Sliced Peaches                      | <b>16</b> <b>Boneless Wings (6g)</b><br><b>Salad Bar</b><br>Baked Chips (19g)<br>Side Salad<br>Fresh Veggies<br>Sliced Peaches   | <b>17</b> <b>Pizza Rolls</b><br><b>Baked Potato Bar</b><br>Curly Fries<br>Side Salad<br>Fresh Fruit<br>Rice Krispy Square |
| <b>20</b> <b>Chicken Fingers (19g)</b><br><b>Salisbury Steak (4g)</b><br>Whole Kernel Corn (21g)<br>Mashed Potatoes (17g)<br>Green Beans (4g)<br>Fresh Veggies<br>Sliced Peaches | <b>21</b> <b>Breakfast for Lunch</b><br><b>OR</b><br><b>Sandwich Bar</b><br>Baked Chips<br>Fresh Veggies<br>Mandarin Oranges                               | <b>22</b> <b>Pepperoni Calzone (35g) G</b><br><b>Baked Potato Bar</b><br>Baked Chips (21g)<br>Side Salad (1g)<br>Fresh Veggies<br>Mandarin Oranges | <b>23</b> <b>Extreme Nachos (29g)</b><br><b>Salad Bar</b><br>Side Salad w/ Dressing (10g)<br>Chips & Salsa (20g)<br>Refried Beans (29g)<br>Fresh Veggies<br>Sliced Peaches | <b>24</b> <b>Sack Lunches</b>   |
|  |  |  |  |   |

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