

Lunch Menu

Struthers Elementary School

Food Service Director: Mary Spatholt
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MAY

Wildcats

What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread,
 and Choice of Milk

***Students must choose at least one fruit or vegetable**

Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

- Broccoli Florets
- Baby Carrots
- Dark Leafy Greens
- Legume Salads
- Celery & Cucumber

*May choose two 1/2 cup servings

*Fruits may include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce

*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
 Fat Free White and Low Fat White

Paid \$.xx
 Reduced \$.xx
 Adult \$4.00

This institution is an equal opportunity provider

Whole Grains Available Daily

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----|--|--|---|---|--|
| 3 | Bosco Cheese Sticks Dipping sauce Buttered sweet peas Choice of fruit Choice of milk | 4 Hamburger On Bun French fries Sliced pickles Choice of fruit Choice of milk | 5 Papa John's Pizza Romaine salad Choice of fruit Choice of milk Sorbet cup | 6 Mac-n-Cheese Bowl Steamed broccoli Choice of fruit Choice of milk | 7 Toasted Cheese Carrots w / dip Choice of fruit Choice of milk Snack bag |
| 10 | Chicken Nuggets Sweet potato Fries Choice of fruit Choice of milk | 11 Wild Cat Dog BBQ baked beans Choice of fruit Choice of milk Chips | 12 Papa Johns Pizza Romaine Salad Choice of fruit Choice of milk Cookie | 13 Buttermilk Pancakes Sausage links Potato tri Choice of fruit Choice of milk | 14 French Bread Pizza Seasoned green beans Choice of fruit Choice of milk |
| 17 | Chicken Quesadilla Glazed carrots Choice of fruit Choice of milk | 18 Ravioli Bowl Roll w / butter String cheese Choice of Fruit Choice of milk | 19 Papa Johns Pizza Romaine Salad Choice of fruit Choice of milk Cookie | 20 Walking Taco Shredded cheese Salsa / refried beans Choice of fruit Choice of milk Fritos | 21 Pepperoni Roll Dipping sauce Steamed broccoli Choice of fruit Choice of milk |
| 24 | Popcorn Chicken Bites Mashed potato w/ gravy Choice of fruit Choice of milk | 25 Mexican Pizza Seasoned corn Choice of fruit Choice of milk | 26 Papa Johns Pizza Romaine Salad Choice of fruit Choice of milk Ice cream treat | 27 COOK'S CHOICE Choice of fruit Choice of milk | 28 COOK'S CHOICE Choice of fruit Choice of milk EARLY RELEASE |
| 31 |  | |  | |  |
| | Daily Alternates PB&J'S Peanut butter only Cheese Sandwich | | | | |