

# Elementary Lunch Menu MAY 2017

## Hempstead Schools Food Services

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

<b>1</b> (2M,2G) WHOLE GRAIN BAKED CORN CHICKEN 3/4c SPIRAL FRIES 1/2c FRUIT COCKTAIL	<b>2</b> (2M,2G) WHOLE GRAIN BAKED MOZZARELLA STICKS 1c MASHED SWEET POTATOES 1 FRESH PLUM	<b>3</b> (2M,2G) SKINLESS TURKEY FRANKS 3/4c BAKED VEGETARIAN BEANS 1/2c APPLE SAUCE	<b>4</b> (2M,2G) BRUNCH FOR LUNCH! FRENCH TOAST STICKS W/TURKEY SAUSAGE 3/4c STEAMED BROCOLLI 1 FRESH APPLE	<b>5</b> (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 1/4c TOSSED SALAD 1 FRESH APPLE
<b>8</b> (2M,2G) WHOLE GRAIN BAKED CHICKEN NUGGETS 3/4c CORN NBLETS 1/2c APPLE SAUCE	<b>9</b> (2M,2G) SWEET & SOUR CHICKEN 1c CARROTS 1 FRESH PLUM	<b>10</b> (2M,2G) SPAGHETTI & MEATBALLS 3/4c PINTO BEANS FRESH APPLE	<b>11</b> (2M,2G) CHEESE CALZONE/PIE 3/4c MESCULIN SALAD 1 FRESH APPLE	<b>12</b> (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 1/4c TOSSED SALAD 1 FRESH PLUM
<b>15</b> (2M,2G) WHOLE GRAIN BAKED CHICKEN STICKS 3/4c SPIRAL FRIES 1/2c FRUIT COCKTAIL	<b>16</b> (2M,2G) WHOLE GRAIN BAKED MOZZARELLA STICKS 1c MASHED SWEET POTATOES 1 FRESH PLUM	<b>17</b> (2M,2G) JAMAICAN BEEF PATTY 1c BROWN RICE 3/4c KIDNEY BEANS 1/2c PINEAPPLE TIDBITS	<b>18</b> (2M,2G) CHICKEN PARMESAN HERO 3/4c ROMANNE SALAD 1/2c SLICED PEARS	<b>19</b> (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 1/4c TOSSED SALAD 1 FRESH BANANANA
<b>22</b> (2M,2G) WHOLE GRAIN BAKED CORN CHICKEN 3/4c CORN NBLETS FRESH PLUM	<b>23</b> (2M,2G) TURKEY BURGER ON WG BUN 1c CARROTS 1/2c FRUIT COCKTAIL	<b>24</b> (2M,2G) TERRIYAKI CHICKEN 1c BROWN RICE 3/4c PINTO BEANS 1/2c PINEAPPLE CHUNKS	<b>25</b> (2M,2G) NEW ORLEANS CHICKEN 1c BROWN RICE 3/4c BROCOLLI 1 FRESH ORANGE	<b>26</b> (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 1/4c TOSSED SALAD 1 FRESH PLUM
<b>29</b>  NO SCHOOL	<b>30</b> (2M,2G) CHEESEBURGER SLIDERS ON WG BUN 1c MASHED SWEET POTATOES 1 FRESH PLUM	<b>31</b> (2M,2G) GRILLED CHICKEN PATTY ON WG BUN 3/4c BAKED VEGETARIAN BEANS 1 FRESH APPLE		

*\*Whole grain offerings  
throughout our menu*

*\*Fresh fruits &  
vegetables*

*\*Additional Choices  
Daily:  
Grilled Chicken Salad  
Yogurt Parfait*



*Daily Milk  
Choices*

*Low Fat White  
Fat Free Chocolate*



*PLEASE FEEL FREE TO  
CONTACT US @*

*Foodservices@  
Hempsteadschools.org*

*MENU SUBJECT  
TO CHANGE*