



May '10 Balanced Breakfast** and Lunch Menu



**Breakfast is served only in participating schools. For more information, please contact your principal.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|-----------------------------|---|---------------------------|------------------------------|
| 3 | 4 | 5 | 6 | 7 |
| <i>Manager's Choice</i> | <i>Manager's Choice</i> | <i>Manager's Choice</i> | <i>Manager's Choice</i> | <i>Manager's Choice</i> |
| Pork Chops | Italian Meatballs | Cinco de Mayo  | | |
| Mashed Potatoes | Spaghetti | | Pizza | Breaded Chicken Patty on Bun |
| Green Peas | Veggies | Crunchy Pork Tacos w/Cheese | Italian Salad | Let/Tom/Pickle Cup |
| Roll | Fruit Cup | Lettuce/Tomato Cup | Fruit Cup | French Fries |
| Pudding w/Topping | Garlic Roll | Corn | Blueberry Cake | Ernie Cookies |
| | | Cinnamon Roll | | |
| 10 | 11 | 12 | 13 | 14 |
| <i>Manager's Choice</i> | <i>Manager's Choice</i> | <i>Manager's Choice</i> | <i>Manager's Choice</i> | <i>Manager's Choice</i> |
| White Beans w/Sausage | Crunchy Pork Tacos w/Cheese | Cheese Burger on Bun | Baked Chicken | Shrimp & Okra Gumbo |
| Steamed Rice | Lettuce/Tomato Cup | Let/Tom/Pickle Cup | Cheesy Potatoes | Steamed Rice |
| Mixed Veggies | Corn | French Fries | Green Peas | Potato Salad |
| French Bread | Cinnamon Roll | Blueberry Cake | Garlic Roll | French Bread |
| Fruit Cup | | | Jello w/Topping | Fruit Cup |
| | | | | |
| 17 | 18 | 19 | 20 | 21 |
| <i>Manager's Choice</i> | <i>Manager's Choice</i> | <i>Manager's Choice</i> | <i>Manager's Choice</i> | <i>Manager's Choice</i> |
| New Orleans Chicken | Crunchy Pork Tacos w/Cheese | Italian Meatballs | Turkey in Gravy | Crispy Fish Sticks |
| Steamed Rice | Lettuce/Tomato Cup | Spaghetti | Steamed Rice | Macaroni and Cheese |
| Veggies | Corn | Italian Salad | Green Peas | Veggies |
| Wheat Roll | Cinnamon Roll | Green Beans | Butter Roll | Wheat Roll |
| Fruit Cup | | Garlic Roll | Frozen Peach Cup | Chilled Fruit |
| | | Brownie | | |
| 24 | 25 | 26 | 27 | 28 |
| <i>Manager's Choice</i> | <i>Manager's Choice</i> | <i>Manager's Choice</i> | <i>Manager's Choice</i> | |
| | BBQ Pork on Bun | | Hot Dog w/wo Chili on Bun | |
| White Beans w/Sausage | French Fires | Italian Meatballs | | |
| Steamed Rice | Fruit Cup | Spaghetti | French Fries | |
| Mixed Veggies | Blueberry Cake | Veggies | Fruit Cup | |
| French Bread | | Fruit Cup | Desert | |
| Fruit Cup | | Garlic Roll | | |

Memorial Day



School lunches must meet recommendations of the Dietary Guideline for Americans.
 *No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.
 *Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.

Check Out Our Website At: www.schoolcafe.org

Note: Menus are subject to change without notice.

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal. Sandwiches are served with 2 fruit/vegetables and milk. Choice of milk is offered daily. Breakfast also offers cereal.

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