

May 2018

EVERGREEN K-8TH

LUNCH



*3 Choices of Milk are offered daily!!

*Menu Subject to change depending on food availability.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL!!!

Chicken Fajitas **1**
Rice
Black Beans & Sauted veggies
Salsa
Fruit

Turkey & Cheese **2**
Hoagie/ Tomato & Lettuce
Jo Jo's
Fruit
Gogurt

Sloppy Joe on WG Bun **3**
Potato Medley or Steamed Broccoli
Apples w/ Caramel Sauce

Brunch for Lunch: **4**
Waffles w/ Toppings
Sausages/ Hash Brown Patty
Steamed Carrots
Juice

Spaghetti **7**
Italian Dippers
Green Beans or Cucumbers
Fruit

Super Nachos **8**
Banana Bread
Broccoli & Cauliflower or Green Peppers
Fruit

Corn Dogs or Pop Dogs **9**
Roll
Baked Beans or Carrot Sticks
Fruit

Malibu Chicken Sandwich **10**
Sweet Potato Fries
Tomato & Lettuce
Fruit

Pizza or PB & J Sandwich **11**
Tossed Salad w/ Dressings
Cherry Tomatoes
Fruit

Chicken Tetrizzini **14**
Chocolate Muffins
Fresh Broccoli & Cauliflower w/ Ranch
Fruit

Beef Barley Soup **15**
PB & J Sandwich
Corn or Steamed Carrots
Fruit

Soft Shell Taco: **16**
Meat, Cheese, Lettuce & Tortillas/ Rice
Refried Beans & Salsa
Fruit

BBQ Pork Sandwich **17**
Cheesy Potatoes
Carrot sticks
Fruit

Chicken Salad or Tuna **18**
Salad on Pita Bread
Peas or Cucumbers
Chocolate Pudding
Fruit

Mac & Cheese **21**
Meatballs
Breadsticks
Green Beans or Carrot Sticks
Fruit

Hamburgers w/ cheese **22**
Tomato & Lettuce/ Jo Jo's
Fruit
Milk

Baked Potato Bar **23**
Roll w/ Honey
Corn
Fruit
Sour Cream & Chives

Egg Rolls w/ Sweet & Sour Sauce/ Fried Rice **24**
Peas & Carrots or Celery
Fruit
Fortune Cookies

Pizza or PB & J Sandwich **25**
Tossed Salad w/ Dressings
Cherry Tomatoes
Fruit
Rainbow Sherbet

NO SCHOOL!!! **28**

Chicken Snack Wrap **29**
w/ Tomato
Cheese Broccoli & Rice
Corn
Fruit

Soft Pretzel w/ Cheese **30**
PB & J Sandwich/ Cheese Sticks & Pasta Salad
Green Beans or Carrot Sticks
Fruit

Burrito w/ Salsa **31**
Tossed Salad w/ Dressings
Cherry Tomatoes
Fruit

