

May 2017 St. Regis Falls Lunch Menu

USDA is an Equal Opportunity Provider and Employer

Information	Mon	Tue	Wed	Thu	Fri	Information
Menu Subject to Change without notice	1 Week 1 Chicken Mash Potato Bowl w/ Gravy Dinner Roll Shredded Cheese Broccoli Applesauce	2 Popcorn Shrimp Parma Rosa Pasta Baked Beans Peaches	3 Meatball Sub or Turkey Sub w/ cheese Romaine and Spinach Salad Tomato Slice Baked Chips Fresh Fruit	4 Taco Meat, Ch, Scoops or Flour Shell, Lettuce, Tomato, Salsa Corn Mexican Rice Mandarin Orange	5 Pizza Or Broccoli/Spinach Pizza Iceberg and Romaine Salad w/Ranch Pears Fruit Punch	Milk Available Everyday Skim Chocolate Or 1% White
Meal Choice: Chef Salad with Bread Choice available everyday	8 Week 2 Chickenburg French Fries Baked Beans Applesauce	9 Hamburg or Cheeseburg on Bun Macaroni Salad Peas Peaches	10 Buffalo Chicken Sub or Turkey Sub w/ cheese Romaine and Spinach Salad Tomato Slice Baked Chips Fresh Fruit	11 Cheese Stuffed Shell Bread Stick Corn Peaches	12 Meat Calzone Or Cheese Calzone w/ Marinara Sauce Romaine and Spinach Salad Mixed Fruit	Please see the school website for the new meal pattern for the school meal program. Each school will
Healthy Body requires water. Drink water instead of high sugar drinks	15 Week 3 Chicken Nuggets Dinner Roll Honey Crunchers Broccoli Applesauce	16 Hamburg or Cheeseburg on Bun French Fries Corn Peaches	17 Philly Steak Sub or Turkey Sub w/ cheese Romaine and Spinach Salad Tomato Slice Baked Chips Fresh Fruit	18 Spaghetti w/Sauce Fresh Mozzarella Cheese Stick Green Beans Dinner Roll Mandarin Orange	19 Pizza Romaine and Spinach Salad Pears Fruit Pushup	offer only the serving size for each age group. We are trying to teach the children not to super size their meal.
2 oz bag of baby carrots available Everyday w/ ranch dressing	22 Popcorn Chicken Twisted Noodles Broccoli Dinner Roll Applesauce	23 Lasagna Dinner Roll Green Bean Mandarin Orange	24 Hot Ham & Cheese or Hot Turkey & Cheese on Flatbread Romaine and Spinach Salad Tomato Slice Baked Chips Rosy Apples	25 Pizza Romaine and Spinach Salad Strawberries Fruit Pushup	26 No School Memorial Day Observance	Second Choice: UPK-6 Chef Salad and Protein Sandwich everyday Tuesday – Fruit Parfait
Dinner Roll available for Grades 9-12 on days with Hamburg rolls	29 No School Memorial Day Observance	30 Possible Snow Day Chicken Wrap Seasoned Rice Black Bean Salsa Applesauce	31 Meatball Sub or Turkey Sub w/ cheese Romaine and Spinach Salad Tomato Slice Baked Chips Fresh Fruit	1 BBQ Chicken Macaroni Salad Dinner Roll Peas Mandarin Orange	2 Mozzarella Cheese Stick w/sauce Romaine and Spinach Salad Pears Apple Smiles Cookie	Grades 6-12 PBj Sandwich Fruit Parfait Available Everyday Change up line on Tuesday and Thurs.