

May 2017

Tiger Cub Cafe

LUNCH



School Information: LF & Skim Milk are served with all meals. Hearty Breakfast offered every morning. Fresh Fruit or Vegetables are available to all students daily.

USDA and this school are equal opportunity employers



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.

Good nutrition and healthy lifestyle choices for our students.

Making a difference one bite at a time!



Monday

1

Ham & Cheese McMuffin
Roasted Veggies
Fruit

Tuesday

2

Beans & Hot Dogs
Salad Bar
Corn Bread
Fruit

Wednesday

3

Spaghetti with Marinara S...
Fresh Salad
Garlic Bread
Fruit

Thursday

4

Chicken Burgers
French Fries
Veggie Sticks
Apple Crisp
National Orange Juice day!

Friday

5

WG Pepperoni Pizza
Salad Bar
Fruit
School Lunch Hero Day! An apron is just a cape worn backwards

8

Chocolate Chip Pancakes
Roasted Vegetables
Sausage
Fruit

9

Enchiladas
Mexican Rice
Salad Bar
Fruit

10

Chicken Tortellini Soup
Cinnamon Rolls
Cucumbers
Fruit

11

Shepherd's Pie
WG Dinner Roll
Carrots
Fruit

12

Pizza Party
WG Cheese Pizza
Salad Bar
Fruit

15

Grilled Cheese
Tomato Soup
Tossed Salad
Fruit

16

Hamburgers
Potato Salad
Corn on the Cob
Fruit

17

Macaroni & Cheese
Green Beans
WG Dinner Roll
Fruited Jell-O

18

Tiger Sub
Tatar Tots
Veggie Sticks
Fruit

19

Pizza Party
WG Pepperoni Pizza
Salad Bar
Fruit
National Pizza Day!

22

Chicken Ranch Wrap
Macaroni Salad
Veggie Sticks
Fruit

23

Pulled Pork Sandwich
Baby Carrots
Smile Fries
Fruit

24

Meatball Subs
Pretzels
Veggie Sticks
Fruit

24

Baked Potato Salad Bar
Cottage Cheese
Fresh Broccoli
Fruit
National Red Nose Day!

26

Pizza Party
WG Cheese Pizza
Salad Bar
Fruit

29

Holiday
No School

30

Chicken Parmesan
WG Noodles
Salad Bar
Fruit

31

Korean Beef
Herbed Rice
Cauliflower & Broccoli
Ginger Bread
Fruit

Alternates:

- 5/1-5/5: Ham Sandwich
- 5/8-5/12: Egg Salad Sandwich
- 5/15-5/19: Turkey Sandwich
- 5/22-5/26: Ham Sandwich
- 5/30-6/2: Tuna Salad Sandwich

