

**Northwest Area School District
Elementary Lunch Menu
May 2017**

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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits may include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving



MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Lunch Prices:
Paid: \$2.20
Reduced: \$.40

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Choices
	5-1 National Principal Appreciation Day Mr. Mill's Bacon Cheeseburgers Baked French Fries 100% Fruit Juice Fat Free Milk	5-2 Chicken Fajita Dip w/ Chips & Bread Steamed Corn Mandarin Oranges Fat Free Milk	5-3 Roasted Pork in Gravy over Noodles w/ Bread Steamed Green Beans Chilled Pears Fat Free Milk	5-4 Corn Dog Nuggets Baked Beans Applesauce Fat Free Milk	5-5 Meatball Hoagie Steamed Broccoli Mixed Fruit Fat Free Milk	Week 1 Breaded Chicken Salad Peanut Butter and Jelly Sandwich Tuna Sandwich Ham & Cheese Sandwich
	5-8 Tater Tot Bake w/ 2 slices of Bread Sweet Peas Rainbow Apple Slices Fat Free Milk	5-9 Chicken & Waffles Mashed Potatoes w/ Gravy Sliced Peaches Fat Free Milk	5-10 Grilled Cheese Sandwich Glazed Carrots Pineapple Tidbits Fat Free Milk	5-11 Chicken Parmesan w/ Pasta & Bread Steamed Green Beans Mandarin Oranges Fat Free Milk	5-12 Teachers In - Service No School	Week 2 Chef Salad w/ Sliced Bread Peanut Butter and Jelly Sandwich Tuna Sandwich Turkey & Cheese Sandwich
	5-15 BBQ Rib Baked Sweet Potatoes Mixed Fruit Fat Free Milk	5-16 National Pizza Party Day Cheesy Pizza Steamed Broccoli Applesauce Fat Free Milk	5-17 Breaded Pork Patty w/ Gravy & Bread Steamed Corn Chilled Peaches Fat Free Milk	5-18 Popcorn Chicken w/ Bread Mixed Vegetable Cinnamon Apple Slices Fat Free Milk	5-19 Hot Ham & Cheese Sandwich Steamed Green Beans Pineapple Tidbits Fat Free Milk	Week 3 Breaded Chicken Salad w/ Sliced Bread Peanut Butter and Jelly Sandwich Tuna Sandwich Ham & Cheese Sandwich
	5-22 Macaroni & Cheese w/ Bread Stewed Tomatoes Mandarin Oranges Fat Free Milk	5-23 Breakfast for Lunch Pancakes w/ Sausage & Syrup Baked Tater Tots 100% Fruit Juice Fat Free Milk	5-24 Fish Sticks w/ Bread Steamed Carrots Chilled Pears Fat Free Milk <i>Roasted Sweet Potato Salad</i>	5-25 Pepperoni Roll Up w/ Marinara Sauce Steamed Broccoli Mixed Fruit Fat Free Milk	5-26 Memorial Day BBQ Pork BBQ on a Bun Baked Beans Watermelon Slices Fat Free Milk Students will get a patriotic surprise with these lunches!!	Week 4 Chef Salad w/ Sliced Bread Peanut Butter and Jelly Sandwich Tuna Sandwich Turkey & Cheese Sandwich
	5-29 Memorial Day No School	5-30 Chili Cheese Fries w/ Soft Pretzel Steamed Broccoli Sliced Peaches Fat Free Milk	5-31 Corn Dog Nuggets Sweet Peas Pineapple Tidbits Fat Free Milk	 Fresh Produce from Local Farms based on crop availability Whole Grains Available 		Week 5 Breaded Chicken Salad Peanut Butter and Jelly Sandwich Tuna Sandwich Ham & Cheese Sandwich <small>The school district does not discriminate on the basis of age, race, color, national or ethnic origin, sex, or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE</small>
	Monday Chicken Nuggets w/ Bread	Tuesday Hot Dog on a Bun	Wednesday Chicken Patty on a Bun	Thursday Hamburger on a Bun	Friday Chicken & Nachos w/ Bread	