

# May

**April 29th - May 24th**

Week #1: 29th - 3rd

Week #2: 6th - 10th

Week #3: 13th - 17th

Week #4: 20th - 24th

## 4TH - 8TH Grade Food Court Menu

Choose **THREE OR MORE** **COLORS** for a complete meal. One must be **RED** or **GREEN**.

meat/meat alternative	grain	vegetable	fruit*	milk

### Hot Entrees

Choose from several fruit and veggie choices daily



#### Cheesy Stuffed Breadsticks are BACK!

Comes with a marinara cup, perfect for dipping!



**POPCORN**

**Chicken Dippers**

Comes with garlic toast and a ranch cup, perfect for dipping!



#### Ham & Cheese Panini

Sliced ham combined w/melted provolone on Cuban bread. Grilled, pressed and served hot

### Cold Entrees

Choose from several fruit and veggie choices daily

#### Grilled Chicken SWEET APPLE SALAD

Grilled chicken breast, romaine, carrots, apples, tomato, grapes, shredded cheddar cheese w/ a Gold Fish snack

				Grab a milk for all 5 food groups!
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#### Charcuterie Box

Fresh apple slices, peanut butter, carrot dippers with ranch, fresh grapes, ritz crackers, deli meat to include ham and provolone cheese.

				Grab a milk for all 5 food groups!
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#### PEANUT BUTTER & JELLY



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#### Garden Salad



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#### Ham & Cheese Sandwich



#### GRAB & GO

ALWAYS FAST ~ ALWAYS FRESH

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### Weekly Special

Choose from several fruit and veggie choices daily



#### Grilled **CHEESE** & Tomato Soup

Week

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#### French Toast Breakfast Platter

comes w/a chicken sausage patty, tator tots, syrup and ketchup packet



Week #2

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#### PULLED PORK TACO BOX

2 soft tacos, pork, cheddar, salsa, optional sour cream



Week #3

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#### CHICKEN & WAFFLES

OVEN BAKED CHICKEN TENDERS, WAFFLES SERVED W/SYRUP



Week #4

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Students can choose 1% white **milk** -or- non-fat chocolate milk (1 cup eq)

\*Some whole **fruits** count as TWO 1/2 cup servings. For example an average sized apple would be considered TWO 1/2 cup servings in and of itself. At least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A **food component** is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk\*

A **food item** is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three food components are selected out of the five food items offered.

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This institution is an equal opportunity provider.

**What Makes A LUNCH**

**SELECT 3-5 ITEMS:**



**GRAINS**  
**PROTEIN**



**VEGGIE**

**FRUIT**

one must be a

**FRUIT**

or

**VEGGIE**