






MAY

May 5th - May 23rd
Week #1: 5th - 9th
Week #2: 12th - 16th
Week #3: 19th - 23rd

4TH - 8TH Grade Food Court Menu

HAVE A GREAT SUMMER !!!

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 !!
Comes with a marinara cup, perfect for dipping!



				
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MACHO NACHO

GROUND BEEF TACO
SEASONED, SERVED WITH
NACHO CHIPS, CHEESE SAUCE,

				
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**Grilled Cheese Sandwich
& Hot Tomato Soup**



				
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CHICKEN & WAFFLES

OVEN BAKED CHICKEN TENDERS WITH WAFFLES, SERVED WITH SYRUP !!



				
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Cold Entrees

Choose from several fruit and veggie choices daily

TuttiFrutti

includes gluten free cereal box, fruit cup, carrots
with ranch, yogurt & string cheese *gluten free

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




				
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**Sweet Apple Chicken
Salad**

Romaine lettuce served w/ fried chicken, grape
tomatoes, apples, grapes, carrots, Shredded
Cheddar, honey mustard dressing & WG
Goldfish crackers or equiv.

				
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HAM & CHEESE SANDWICH

				
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Garden Salad

Romaine lettuce served w/ grape tomatoes,
carrots, egg, Shredded Cheddar, ranch
dressing & WG Goldfish crackers or equiv.

				
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Weekly Special

Choose from several fruit and veggie choices daily







**Homemade Baked
Macaroni & Cheese**



Week #1

Week #2 & 3

Manager's Special

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

*All fruits are served as 1/2 cup servings. 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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Office of the Assistant Secretary for Civil Rights
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(833) 256-1665 or (202) 690-7442; or
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Program.Intake@usda.gov

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**