

# MAY | 2022



## Fortville Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken Tenders Potato Smiles Assorted Fruit Choice of Milk	<b>3</b> Chicken Drumstick With a Biscuit Broccoli Assorted Fruits Choice of Milk	<b>4</b> Bosco Sticks With Marinara Sauce Green Beans Assorted Fruit Choice of Milk	<b>5</b> Taco Sticks Refried Beans Assorted Fruit Choice of Milk	<b>6</b> Pizza Carrots Assorted Fruit Choice of Milk
<b>9</b> Breaded Chicken Sandwich Green Beans Assorted Fruit Choice of Milk	<b>10</b> Nachos with Beef and Cheese Sauce Refried Beans Assorted Fruit Choice of Milk	<b>11</b> Assorted Chicken Waffles Corn Assorted Fruit Choice of Milk	<b>12</b> Pasta With Dinner Roll Carrots Assorted Fruit Choice of Milk	<b>13</b> Calzones Broccoli Assorted Fruit Choice of Milk
<b>16</b> Hamburger/Cheeseburger French Fries Assorted Fruit Choice of Milk	<b>17</b> Lunch Kits Green Beans Assorted Fruit Choice of Milk	<b>18</b> Pizza Carrots Assorted Fruit Choice of Milk	<b>19</b> Pork BBQ on a Bun Broccoli Assorted Fruit Choice of Milk	<b>20</b> Tacos Refried Beans Assorted Fruit Choice of Milk
<b>23</b> Country Fried Steak Mashed Potatoes Assorted Fruit Choice of Milk	<b>24</b> Assorted Pizza Carrots Assorted Fruit Choice of Milk	<b>25</b> Last Day of School!  Hot Dog on a Bun Baked Beans Assorted Veggies Assorted Fruits Choice of Milk	<b>26</b>	<b>27</b>

### **Build a Meal**

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

### **Daily Alternative Choices:**

All alternative meals include choice of milk, fruit and/or vegetable

#### Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
  - Pizza
  - Turkey, Cheese and Crackers

#### Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich<sup>v</sup>
- Protein Power: yogurt, grain, string cheese<sup>v</sup>

\*Under current USDA waivers, all complete student meals are free of charge. Additional entrees or a la carte items are an additional cost, charging is not allowed on these items, students must have sufficient funds to purchase.\*

# Summer Break!