

MAY | 2022



Mt. Comfort Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Tenders Potato Smiles Assorted Fruit Choice of Milk	3 Chicken Drumstick With a Biscuit Broccoli Assorted Fruits Choice of Milk	4 Bosco Sticks With Marinara Sauce Green Beans Assorted Fruit Choice of Milk	5 Taco Sticks Refried Beans Assorted Fruit Choice of Milk	6 Pizza Carrots Assorted Fruit Choice of Milk
9 Breaded Chicken Sandwich Green Beans Assorted Fruit Choice of Milk	10 Nachos with Beef and Cheese Sauce Refried Beans Assorted Fruit Choice of Milk	11 Mini Corn Dogs Corn Assorted Fruit Choice of Milk	12 Pasta With Dinner Roll Carrots Assorted Fruit Choice of Milk	13 Calzones Broccoli Assorted Fruit Choice of Milk
16 Cheese Quesadilla Broccoli Assorted Fruit Choice of Milk	17 Macaroni and Cheese Baked Beans Assorted Fruit Choice of Milk	18 French Toast Sticks Sausage Links Celery Assorted Fruit Choice of Milk	19 Chili and Cornbread Carrots Assorted Fruit Choice of Milk	20 Hamburger/Cheeseburger French Fries Assorted Fruit Choice of Milk
23 Lunch Kits Fruit Vegetable Milk	24 Boneless Chicken Wings Sweet Potato Fries Assorted Fruit Choice of Milk	25 Last Day of School! Mozzarella/Bosco Sticks with Marinara Sauce Assorted Veggies Assorted Fruits Choice of Milk	26	27

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^v
- Protein Power: yogurt, grain, string cheese^v

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!