

Lunch Prices:

Regular- \$ 2.85

Reduced- \$0.40

Adult- \$3.50

Milk (a la carte) - \$0.50

MAY | 2019

Mt. Comfort Lunch Menu

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****29**

Popcorn Chicken w/
Dinner Roll
Mashed Potatoes
Fresh Veggies
Assorted Fruit
Milk

30

Crazy Tacos w/ Nacho
Cheese Doritos
Refried Beans
Fresh Veggies
Assorted Fruit
Milk

1

Breaded Chicken Patty
Sandwich
Steamed Crinkle Carrots
Fresh Veggies
Assorted Fruit
Milk

2

Spaghetti & Meatballs w/
Garlic Toast
Green Beans
Fresh Veggies
Assorted Fruit
Milk

3

Classic Cheese Pizza^V
Fresh Garden Salad
Fresh Veggies
Assorted Fruit
Milk

6

Sloppy Joes
Steamed Vegetable Medley
Fresh Veggies
Assorted Fruit
Milk

7

Chicken Bites & Dutch
Waffle^V w/ Strawberry
Topping
Sweet Potato Puffs
Fresh Veggies
Assorted Fruit
Milk

8

Corn Dog on a Stick w/
Dipping Sauce
Country Baked Beans^P
Fresh Veggies
Assorted Fruit
Milk

9

Beef Teriyaki Dippers w/
Dinner Roll
Mashed Potatoes
Assorted Fruit
Fresh Veggies
Milk

10

Assorted Pizza^P Day
Fresh Garden Salad
Fresh Veggies
Assorted Fruit
Milk

13

Assorted Chicken w/
Cheesy Pretzel Stick^V
Steamed Broccoli
Fresh Veggies
Assorted Fruit
Milk

14

French Toast Sticks^V w/
Syrup & Sausage Patty
Emoji Spuds
Fresh Veggies
Assorted Fruit
Milk

15

Cheesy Beef Nachos w/
Tostitos Chips
Sweet Corn
Fresh Veggies
Assorted Fruit
Milk

16

Hamburger or
Cheeseburger
Country Baked Beans^P
Fresh Veggies
Assorted Fruit
Milk

17

Mozzarella Cheese Sticks^V
Marinara Dipping Cup
Steamed Veggie Blend
Fresh Veggies
Assorted Fruit
Milk

20

Assorted Chicken w/
Dinner Roll
Mashed Potatoes
Fresh Veggies
Assorted Fruit
Milk

21

Crazy Tacos w/ Nacho
Cheese Doritos
Refried Beans
Fresh Veggies
Assorted Fruit
Milk

22

Breaded Chicken Patty
Sandwich
Steamed Crinkle Carrots
Fresh Veggies
Assorted Fruit
Milk

23

Spaghetti & Meatballs w/
Garlic Toast
Green Beans
Fresh Veggies
Assorted Fruit
Milk

24

Assorted Pizza^P Day
Fresh Garden Salad
Fresh Veggies
Assorted Fruit
Milk

27

Memorial Day
No School

28

Sloppy Joes
Steamed Vegetable Medley
Fresh Veggies
Assorted Fruit
Milk

29

Pizza^P Party
Fresh Garden Salad
Fresh Veggies
Assorted Fruit
Milk

30

Field Day!
Anytimers Lunch Kits
Crunchy Veggie Bites w/ Ranch
Dip
100% Fruit Juice Slushie
Milk

31

^V = Vegetarian Item
^P = Contains Pork

Build a Meal

Choose 3-5 meal components to build a healthy, balanced meal:

1. Protein
2. Whole Grain
3. Vegetable
4. Fruit
5. Low-fat Milk

-One component *must* be at least a ½ c fruit and/or vegetable to make a meal.

-Students may choose up to 2 fruit choices and 2 vegetable choices, offered daily.

-All entrees include: Protein + Grain

-May choose only Milk + Veggie + Fruit

Daily Alternative Choices

All alternative entrees come with choice of milk, fruit, and/or vegetable.

Chef Salad (Everyday)

Leafy green lettuce topped with grape tomatoes, shredded cheddar cheese, and choice of eggs^V, ham, or turkey. Choice of 1-2 grain sides.

Grab & Go

M/W/F:

- Peanut-free Wowbutter & Jelly sandwich^V (w/ 1-2 protein/grain sides)
- Low-fat yogurt^V and/or reduced-fat string cheese^V (w/ 1-2 grain sides)

T/TH:

- Anytimers Lunch Kits (Compare to Lunchables): Pizza or Turkey & Cheese Crackers

FREE water available for every student